

HANDBOOK FOR EASY PRACTICE

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BUMS

Weligama.

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CHAPTER – 1 Unani preparations used in the Hospital

INTRODUCTION:

Unani System of Medicine from time immemorial has been successful in treating various diseases using the single drugs (Mufrad dawa) and compound formulations (Murakkab dawa). Approximately more than 36 of the compound formula are being manufactured in the hospital pharmacy in order to cater to the patients needs both in Out Patient Department (OPD), Ward and have found them successful over various diseases and highly efficacious. Although all formulations are not prepared, whatever prepared have proven to be efficacious and used by patients promptly.

In order to prepare compound formulations as per Unani pharmacopoeias, all the ingredients of a formulation are not available in Srilanka. Thus substitutes of particular ingredients are used to prepare the compound formulations and made available in the Hospital for the treatment purposes.

1.1.0 Sharbath

Sharbath means to drink. It is a thick liquid preparation made by solution of sugar and water, Joshanda (Decoction), Khesanda (Infusion), Luab (Mucilage) or Sheera (dry seed or dry fruit ground with water). To make syrup, first make a Decoction, Infusion, and water extract of either dry fruits or herbs or seeds etc. (or other liquid base) and settle off any sediment. Place in a stainless steel pan and heat (there will be some scumming, which can be taken off as it cools). Prepare Qiwaam (Basic Solution of Particular consistency). Cool and store for later use. It may be used for one year.

1.1.1 Sharbath e Sont

Ingredients

Darcheeni / Kureedu potlu	2kg
Jatamansi	2kg

Zanjabeel / Vayali Enguru 7kg
Shakkar Sufaid 55kg

Dose: 5ml bd

Indications: Dry cough, Indigestion

1.1.2 Sharbath e sual

Ingredients

Adathoda kola 25 kg
Velmi 8 kg
Vel thibbatu 4 kg
Katuwelbatu/elabatumul 4.5 kg
Persioshan / Sapsadha 1.5 kg
Sugar 100 kg

Dose: 1 to 2 tablespoon bd

Indications: phlegmatic conditions, cough

Manjan - e - Surkh

Duro kola 2.5kg
Kalu gamroiru 2.5kg
Sivaguru 2.5kg
Ranawarapothu 2.5kg
Kalu 7.5kg

→ Fine powder & sieved.

1.1.3 Sharbat e buzoori

Ingredients

Mahaduru 4 kg
Thukm e kasni 4 kg
Thukm e tharbooz 4 kg
Kekiri eta 4 kg
Beekh e badiyan 8 kg
Beekh e kasni 8 kg
Sugar 125 kg

Sharbat - e - Sa Zooti

Amukkara ala 3.2kg
Gotakola (dry) 400g
Iramasu 6.5kg
Amukkara ala 6.5kg
Binthal ala 3.2kg
Hathawari ala 4kg
Velmi 3.2kg
Vanduru mee ala 2kg
Sugar 100kg

Dose: 1 to 2 tablespoon with water

Indications: disease of liver, kidney and gallbladder diseases, bladder and gallbladder stones, as diuretic

1.1.4 Sharbath e anushdaru sada

Ingredients

Gul e surkh / Niloofer	72g	250g	Mee Pani	17 bottle
Qaranfal	36g		Niloofer	250g
Mastagi	36g		Kaladuru ala	225g
Darcheeni	24g		Karambu neti	133g
Sumbultee	36g		Mustagi	130g
Dan e heel khurd	24g	or/	Heeng Kurundu	130g
Dan e heel kalan	24g		Jata makuta	130g
Zarnab / talispottra	24g		Heeng Enasal	85g
Sada kufi	60g		Maha Enasal	85g
Tukhm e kurfa	24g		Thalispotthiri	85g
Bispasa	24g		Yasavari	85g
Aamla	65pallams		3 Saalikrai	85g
Josbowa	24g		Tre Kurfa	85g
Asaroon	36g		Nelli	85g

Saiwada Kottang 85g

Kundinikam 130g

Zeer e siya 100g

Dose: 6g Bd

Indications: Gastric ulcer, Enhance sexual desire, Enhance immunity

1.3.8 Safoof e surfa

Ingredients

Milatti	36g
Karkadasinghe	24g
Gond e keekar	24g
Post e khashkhash biriyan	24g
Jauthri	12g
Peepal	12g
Suhaga biriyan	12g
Post e baleela	12g
Thukm e konch	12g
Kath sufaid	12g
Lavang	12g
Post e anar	12g

Velmo 12 kg
Thippili 2 kg
Sookiri 10 kg

Karkata singha 3 kg.

Due to hotness of gammins
↓ amount is better.

Dose: $\frac{1}{4}$ to $\frac{1}{4}$ tola (1.5g - 3g)

Indication: Irritative cough, chronic cough, Dry cough, chronic bronchitis

1.3.9 Safoof e zeer e siyah

Ingredients

Kaluduru 3 kg

Dose: 5g bd

Indication: Digestive correction, Reduce blood pressure, Oedematic condition use as Diuretic, Blood purifier

1.3.10 Safoof e sena

Ingredients

Barg e sena	5 tolas
Zanjabeel	5 tolas
Post e haleel e zard	5 tolas
Namak e siyah	5 tolas

Aralu - 9 kg

Viyali Inguru - 9 kg

Senahi kola - 9 kg.

Dose: 3 to 6 grams once or twice daily

Indication: Remove the sauda, safra, bulgham from the body by the way of motion, Constipation

1.4.0 Habb

This word is also used in term of seed, but in relation to form of drug, it is such solid form, which is made in round. The constituents of pill may be either one or more than one. Volume or size of pill varies. Some are very small like size of Sarson (*Bressica nigra seed*), Masoor (*Lensculinaris seed*) or about to one cm or more. Pills of one cm diameter are called Bundqa. Its plural is Banadiq. It is generally similar to size of Reetha (*Sapindus trifoliatu*s fruit).

Qand sufaid 34pallams
Asal 68Pallams

Dose: 5ml bd

Indications: Anorexia, Diarrhoea, Hypo- acidit and other digestive disorders.

1.1.5 Sharbat e sazoori

Ingredients

Gotukola (dry) 400g
Iramusu 6.5kg
Amukkara ala 6.5kg
Binthal ala 3.2kg
Hathawariya ala 4kg
Velmi 3.2kg
Amukribadu ala 3.2kg

→ Wanduru meeta 2kg (Purified) → milk to digest.
Sugar 100kg

Dose: 15 - 30 ml Bd

Indications: Enhance sexual desire, erectile dysfunction, Enhance immunity

1.2.0 Sikanjbeen

Sikanjbeen is Persian word, which is composed of Sirka (Acetic acid) and Angbeen (Honey). So it is called Sikanjbeen. It is a type of syrup in which Sirka (Acetic acid) is an essential part of this formulation. In ancient time it was prepared from Sirka (Acetic acid) and Angbeen (Honey) but now days it is prepared from sugar also, which is called Sikanjbeen Sada. If other ingredients are included then its name may become on that particular drug as Sikanjbeen Unsuli due to adding Unsul (Urginea indica bulb).

1.2.1 Sikanjabeen sada

Ingredients

Sirka khalis 240g coconut vinegar 2 bottle
Shakkar 960g sugar 5kg

Dose: One ounce (30ml)

Indication: Vomiting & diarrhoea, Typhoid fever

→ Add water to sugar & then add vinegar & make Qiwad

1.3.0 Safoof

Dried powdered drug is Safoof. It may be prepared from one drug or from more than one drug. Hippocrates used it in his period. There are so many powders used in different ailments. Safoof Hazim, Safoof Chutki, etc are some examples.

1.3.1 Safoof e sasoori

Ingredients

Viyali gotukola 2kg
Hathawari ala 4kg
Iramusu 6.5kg
Amukkara ala 6.5kg
Velmi 3.2kg
Kiribatu ala 3.2kg

Binthal ala 3.2kg + Milk - 4 bottle
 Vanduru me eta 2kg ~~no milk~~ purification of vaduru mee ata

Dose: 1 teaspoon bd

Indication: general body tonic, erectile dysfunction, as an aphrodisiac

1.3.2 Safoof e asgand

Ingredients

Amukkara ala 15 kg

Dose: 1 teaspoon with milk bd

Indications: rejuvenating agent, control depression and relive stress, sexual disorders, nervine tonic, piles, constipation, dysentery

1.3.4 Safoof e haleel e siya

Ingredients

Haleel e kabli 10kg - geta aralu.

Dose: 5g bd

Indications: Constipation

1.3.5 Safoof e thabasheer

Ingredients

Tabaseer	60g	Heeng enasal ata	5kg
Dan e Ilachi	60g	Rasakinda piti	5kg
Sat e gilo	60g	unakapuru	5kg
Qand e sufaid	180g	Sugar	15kg

Dose: 5g bd with water

Indications: Gastric ulcer, Stomatitis, Infective hepatitis, Fever due to safra.

1.3.6 Safoof e Surinjan

Ingredients

Surinjan	16.5kg / 10.5kg
Suduru	2.75kg
Senehi kola	6kg
Aralu	10kg
Minchi kola (Dried)	2.5kg
Sugar	30kg

Dose: 3 - 6 g Bd with hot water

Indications: Rheumatism, Rheumatic and other joint pains, Sciatica, Goutic arthritis, Lumbago

1.3.7 Safoof e Satawar

Ingredients

Satawar	100g
Asl us soos	100g
Ilaichi kalan	100g

1.4.1 Habb e madani

Ingredients

Magz e gajka	12g
Fil fil e siyah	12g
Aab e tulsi	Q. S

Dose: 2 -4 pills bd or tds (Bengal gram size pill)

Indication: Malaria, Fever, Influenza and other Fevers.

1.4.2 Habb e Ayarij

Ingredients

Jatamakuta	200g
Heeng kurundu pothu	200g
Kunkumapoo	200g
Ood e Balsan	200g
Maha kurundu pothu	200g
Azaroon	200g
Habb e Balsan	200g
Mastagee/Kundirikkam	200g
Thiththabin	900g

Dose: 1 - 2 pills with Arq e Badiyan at night. As single dose 4 pills with milk at night.

Indications : Laxative in single dose, Repeated doses stimulate liver action in persons of sedentary habits and fatty individuals, Chronic constipation, In all Bulghami diseases of the head including nose and throat, Headache, Catarrh, Ear, Nose and Throat diseases, Melancholia, Hypochondriasis, Paralysis, Epilepsy

1.4.3 Habb e surinjan

Ingredients

Elva	35g
Anisoon	35g
Turbud sufaid	95g
Hub ul nil	35g
Surinjan shireen	30g
Gugul	15g
Mastagi	15g

Dose: 2 pills bd

Indication: Sciatica, Rheumatoid arthritis, Osteoarthritis, Aperient

1.5.0 Itrifal

Itrifal is called in Greek. It is also said that Tri is used for three in Greek language. So it is Greek name. But some expert said that it was Triphal, which was made Itrifal in Arabic. Haleela (*Terminelia chebula fruit*), Balela (*Terminelia belerica fruit*), Amla (*Emblica officinalis fruit*) are essential ingredients. According to ingredients certain names are given as Itrifal Ustokhuddoos, Itrifal Kashneezi.

1.5.1 Ithrifal e shahathra

Ingredients

Sahathra	250g	
Aamla kushk		100g
Post e baleela		100g
Post e haleel e zard		350g
Sena		50g
Gul e surkh		30g
Maweez munaqqa		350g
Sat e leemon		3g
Ghee		120g
Shakar sufaid	2.650g	

Dose: 5g bd

Indication: All kind of amraz e jild

1.5.2 Ithrifal e kashneez

Ingredients

Haleela	7.5kg
Baleela	7.5kg
Aamla	7.5kg
Kashneez	7.5kg
Geta aralu	3kg
Elangi thel	4 ½ bottle
Honey	40 bottle

Dose: 5g bd

Indication: Phlegmatic conditions, Cold, neurological pain, Redness of eyes, Piles
Brain & stomach tonic

1.5.3 Ithrifal e Ustokhudus

Ingredients

Aralu	6kg
Maha aralu	4kg
Geta aralu	1.5kg
Bulu	3kg
Nelli	3kg
Ustokhudus	3kg
Afthimoon	2kg
Bisfaij	2kg
Barg e Sadab	2kg
Thirassawalu	1.5kg
Muddaraspalam	4kg
Elangi thel	2 bottles
Senehi kola	1.5kg
Honey	30 bottles

Dose: 6 – 12g Bd

Indications: Chronic headaches, impurities, Pre mature grey hair, Cold head and mental conditions due to blood, Cardiac pain due to gastric disorders, Wherever Bulgham is abnormal

1.6.0 Majun

Generally Majun is spoken for all those preparations, which are produced from drug powder and Qiwan (Basic Solution of Particular consistency) of sugar or Asl (Honey). Word Majun is derived from Ajn, which means to mix. In this preparation powder of drugs is mixed well in Qiwan (Basic Solution of Particular consistency) of sugar or Asl (Honey).

1.6.1 Majun e Barshasha

Ingredients		125g
Mirch siyah		125g
Mirch sufaid		125g
Ajwain khurasani		62.5g
Afiyoon		7.5g
Aqarqarha		32.5g
Balchad		7.5g
Zafran		7.5g
Farfiyoon		
Asal	1 bottle	

Dose: 3 - 6g with Ark e gauzaban

Indication: headache, Insomnia, Delirium, Malancholia, colic and pain

1.7.0 Jawarish

It is a type of Majun. Its taste is some how better than Majun. It is semisolid preparation. Word Jawarish is Arabic word made from Gawarish, means digestive. Its consistency is more liquid than Majun. Jawarish is made for digestive system. It acts slowly because its powder is coarser than Majun.

1.7.1 Jawarish e Kamooni

Ingredients		10.5kg
Suduru		4.5kg
Aruda		4.5kg
Viyali inguru		2kg
Gammiris		800g
Sivanguru (purified)		35 bottles
Honey		

Dose: 6 - 12g Bd

Indications: Hyperacidity, Anorexia, Flatulance, Constipation

1.8.0 Mufarrehat

It means which produces the property of Tafreeh (Refrigeration). The drugs with this property act as Muqavvi Rooh.

1.8.1 Mufarref e ahmadhi

Ingredients

Unakapuru	2.5 kg
Nelli	5 kg
Sudu handhun	4.5 kg
Koththamalli	9 kg
Honey	30 bottles
Rosa mal dried	6.5 kg

Dose: 1 to 2 teaspoon bd

Indications: gastric ulcers, dysentery, gastritis, palpitation, constipation, spermatorrhoea, leucorrhoea

1.9.0 Roghan

Roghan means oil. It is extracted from oily seeds such as Gingily, Almond etc. and are named accordingly. But some drugs are made to impart their effect to an oil and such oils are used both internally and externally. In Unani generally oils are not used internally.

1.9.1 Roghan e shifa

Ingredients

Uluhal	5 kg
Kaluduru	5 kg
Valmadata	2.5 kg
Thala thel	65 bottle

For external use only

Indications: rheumatism, gout, sciatica, paralysis

1.9.2 Roghan e Hammam

Ingredients

Aralu	3 kg
Bulu	3 kg
Nelli	3 kg
Thala thel	50 bottles

For external use only

Indications: hair loss, premature grey hair, dandruff, headache

1.9.3 Roghan e haft e barg

Ingredients

Aab e barg e aak	
Aab e barg e erand	100g
Aab e barg e datura	100g
Aab e barg e sambalu	100g
	100g

Aab e barg e bakayan	100g
Aab e barg e sahjana	100g
Aab e barg e tuhar	100g
Roghan e kunjad	600g

For external use only.

Indications: Hemiplegia, Laqwa, Waj ul mafasil.

1.9.3 Plus Roghan e Hafth e Barg

Ingredients

Aththana kola	9kg
Vara kola	9kg
Endaru kola	9kg
Nika kola	9kg
Muwakeeriya	9kg
Kohomba kola	9kg
Murunga kola	9kg
Baakuchi	16.5kg
Thala thel	78 bottles

For external use only

Indications: Vitiligo, Joint pain

1.9.4 Roghan e banafsha

Ingredients

Gul e banafsha	12.5kg
Aamla	2.5kg
Sevendara mul	2.5kg
Persionshan	2.5kg
Sudu haddun	2.5kg
Thala thel	100 bottles

For external use only.

Indication: Sudorific, Headache, Dryness in head

1.9.5 Roghan e khash

Ingredients

Barg e madar	60g
Barg e erand	60g
Barg e Dhatura	60g
Saindoor	90g
Laak	30g
Moam	90g
Gingerly oil	40 pallams

For external use only.

Indication: scabies, Acne, wounds, skin tags, Rheumatism, Gout, Sciatica.

1.10.0 Marham

It is semi solid preparation. It is prepared generally for external use. Its drugs are mixed with wax or fat. It is used in skin diseases and other ulcerative diseases. Marham may be used for long time but if fat is one ingredient of this preparation, its life becomes reduced.

1.10.1 Marham e varm

Ingredients

Fresh komarika	2kg
Barg e mako	2kg
Dar haldi	2kg
Mom sufaid	1kg
Olive oil	5kg

For external use only.

Indication: Skin condition, Haemorrhoids

1.11.0 Other preparations

1.11.1 Maa ul Asl

Ingredients

Bee honey	1 part (250 ml)
Water	4 parts (1000 ml)

Should be reduced to 4 parts

Dose: 1 - 2 table spoon

Indications: Paralysis due to thrombosis,
Paralysis due to embolism, to increase micro circulation

1.11.2 Manjan e surkh

Ingredients

Dumkola	2.5kg
Kalu gammiris	2.5kg
Sivanguru	2.6kg
Aralu	7.5kg
Ranawara pothu	2.5kg

Used as a tooth powder.

To be packed to the teeth and gums.

Indications: Toothache, Gingivitis, Pyorrhoea alveolaris

1.11.3 Zimad e auja

Ingredients

Viyali kaha	300 g
Venival geta	300 g
Uluhal	300 g
Meda lakdi	300 g
Kodhamba piti	300 g
Thiththabin	100 g
Vinakiri	1 bottle

For external use only

Indications: abscess, inflammation, sprains, dislocations

1.11.4 Bone marrow paste

Ingredients

Fresh bone	15kg
Mee itee	400g
Mani kundirikkam	300g
Thala thel	2 ½ bottle

For external use only

Indication: Tanaqussul leham, Good for muscular atrophy

CHAPTER 02 Ayurvedic preparations used in the hospital

2.1.0 KASAYA

Kasaya is a widely used dosage form in Ayurveda as well as Unani medical system. It refers to a liquid decoction which contains group of herbs used for various disease conditions.

While preparing Kasaya, raw materials are taken as 12 Kalang (60g) in total and 8 cups of water are added to it. As boiling the decoction it is brought up to one cup and strained. If needed in concentrated form 4 cups are poured instead of 8. The important point to be noted here is no any powdered drugs are used in the preparation of Kasaya since it makes the final product turbid. But fresh juice can be added during the preparation.

We have gathered all the Kasaya preparations which are made in National Ayurveda Teaching Hospital for various ailments. Some are used as vehicles for solid dosage forms. The common dose is half cup twice a day for adults and quarter for paediatric cases. But this dose varies according to the patient's condition. Indications are stated below each Kasaya preparations.

2.1.1 ABAYA KANADHIYA KASAYA

Ingredients

Aralu, Thippili, Karapincha netti, Dhaththa ala, Thirasthawalu, Erandu, Sarana, Belimul

Indication: Haemorrhoids

Anupana: Sugar, Perungaayam & Honey

2.1.2 AMURTHA VISADHI KASAYA

Ingredients

Rasakinda, Dhumma, Kahamba pothu, Thripala, Adathoda mul, Rathkihiriya, Ahela pothu

Indications: Toxicity, Kushta roga

2.1.3 ASHWAGANDHAADHI KASAYA

Ingredients

Amukkara, Rasa kindha, Satha wariyala, Dhasha mul, Manjadi, Bebila mul, Aada thoda, Nelum dhalu, Adhividayam

Prepared by adding 7 cups of water & 1 cup milk

Indication: Weak patients

2.1.4 ARALU MASAKK AADHI KASAYA

Ingredients

Aralu, Masakka, Rathulunu

Indication: Skin diseases

2.1.5 BALA MANAWARI DHAARU KASAYA

Ingredients

Bebila mul, Rasakinda, Sathavari ala, Dhevadara, Beli mul, Eradu mul, Heen nerinji, Inguru, Neeramulliya mul

Each 6.6g

Indications: Autism, Cerebral palsy without fit

2.1.6 BRAHMI MUNDI KASAYA

Ingredients

Lunuville, Mudu mahana, Vadha kaha, Viyali inguru, Velmi, Thippili

Each 10g

Indication: Cerebral palsy

1.7 BURULLA DALU KALAN 12 KASAYA

Ingredients

Burulla dalu 12 Kalan

Indications: Wound, Ulcer, Acute cystitis, Spleen disorders, Strangury

2.1.8 BALA BILVA SHUNDI KASAYA

Ingredients

Babila mul, Beli mul, Wiyali inguru

Indication: Paralysis

2.1.9 BELI MUL 16 KASAYA

Ingredients

Beli mul

Viyali inguru

Sevandara mul

Patpaadaham

Devadara

Bin kohomba

Koththamalli

Rasakinda mul

Saathaavaari ala

Dhummallu

Kalaaduru ala

Wel kahaambiliya

Katuwel batu

Diyamiththa

Thippili mul

Indications: Joint diseases, Fever, Slow digestion

2.1.10 CHIRVILVAADHI KASAYA

Ingredients

Magul karandha mul pothu

Sarana mul

Rathnitol mul

Aralu

Thippili

Wiyali inguru

Sahinda lunu

Indications: Haemorrhoids, Indigestion, Abdominal heaviness, Fistula

2.1.11 DASAMUL BALA ERANDA

Ingredients

Dasamul

Bebila

Erandu mul

Nika mul

Devadara

Rammathisse mul

Thippili

Thippili mul

Rathnitol

Viyali inguru

Vela mul

Siviya

Indications: Joint diseases, Paralysis

2.1.12 DENIBADIYA KASAYA

Ingredients

Kohomba pothu, Binkohomba, Elabau, Katuwelbatu, Diyamiththa, Thotila pothu, Lunuwaranapohu, Inguru

Each 7.5g

Indications: Flank pain, Diarrhoea

2.1.13 DEVADARU 10 KASAYA

Ingredients

Devadaru, Patpaadaham, Siruthekku, Kaladuru ala, Vadha kaha, Koththmalli, Binkohomba, Katupila, Aralu, Viyali inguru

Each 6g

Indication: Phlegmatic fever

2.1.14 DAANYAPANCHAKA KASAYA

Ingredients

Danya, Musta, Bala, Bilva, Viyali inguru

⇒ Each 2.5 kalan

Indication: Joint pains

2.1.15 DEVADARA 10 KASAYA

Ingredients

Devadara pothu	Patpadagam
Sirithekku	Kaladuruala
Vadhakaha	Koththamalli
Ethdemata	Aralu
Iguru	Bjnghomba

Indications: Asthma, Cough

2.1.16 DANTHIMOOLADHI KASAYA

Ingredients

Danthi mul, Erandu mul, Beli mul, Devadarumul, Babila mul, Nika mul, Katukarandu Nelli mul

⇒ Each 5.5g

Indication: Cerebral palsy, Paralysis, Stiffness of the thigh, Facial paralysis, Painful arm, Vaatha roga

2.1.17 DHUMMELLA 7 KASAYA

Ingredients

Dhummella	Katukarosana
Thripala	Rasakinda
Saathaavaari	

Indications: Kushta roga, Raktha shodana, Vaatha Raktha, Purification of the channels

2.1.18 DASAMoola KASAYA

Ingredients

Dasa mul	Devadaru
Viyali inguru	Madhati ata
Rasakinda	Sarani
Aralu	

Indications: Respiratory diseases

2.1.19 DASAMOOLADHI KASAYA

Ingredients

Sudu lunu	Kollu
Dasa moola	Malithamal
Thiripala	Viyali kaha
Siviya	

Indications: All type of pains, Flank pain, Cough, Dyspnea, Throat pain, Respiratory diseases

2.1.20 DASHAMoola BALA RASNE

Ingredients

Dasha moola	Babila mul
Suwada kottang	Devadara
Heeng araththa	Wiyali inguru

Indications: Cerebral palsy, Paralysis

2.1.21 DHASAMoola PANCHAWAL KALATHIYA KASAYA

Ingredients

Dhasha mul	Panchawal kola
Gammiris	Asamodaham
Devadaru	Sudhuru
Kaluduru	Wela
Ranmanissa mul	Nika

Indications: Cerebral palsy, Paralysis, Facial paralysis

Anupana : Erandu thel 1-2 Oz Morning

Sahinda lunu ½ Tea spoon Evening

2.1.22 EETTAMA DEDHURU KASAYA

Ingredients

Kaluduru	Suduru
Velmi	Koththamalli
Katukarosana	Thrikatu
Pavatta mul	Yakwanasa
Devadaru	Suduhadun

Indications: DMD, Paralysis

2.1.23 ERANDU 7 KASAYA

Ingredients

Ederumul	Belimul
Elabatumul	Katuwelbatumul
Nasnarang	Polpala
Gokatumul	

Indications: Dysmenorrhoea, Hydrocele, Cough, Impotency, Vaginal candidiasis

2.1.24 ERANDU 10 KASAYA

Ingredients

Katu wel bata	Elabatu mul
Heeng nerungi	Erandu mul
Beli mul	Nasnarang mul
Pol pala	Aralu
Sudu lunu	Uluhal

Indications: Joint conditions

2.1.25 ERANDU SAPTHAKA KASAYA

Ingredients

Beheth erandu mul	Beli mul
Elabatu mul	Katuwelbatu
Nasnarang mul	Polpala
Heengnerunji	

Indications: Chest pain, Lumbago, Breast pain, Joint pain, Chest pain, Penis pain

Anupana : Perungayam / Sahinda lunu / Erandu thel / Yawakshara

2.1.26 GURUNIMBA ASHTADHASHANGA KASHAYA

Ingredients

Dhasha moola, Bingkohomba, Viyali inguru, Devadara, Kaladuru ala, Katukarosana, Kelinda haal, Koththmalli, Thippili

⇒ Each 3.3g

Indications: Raktha roga, Erysipheles, Burns, Fever

2.1.27 GESHTA NIMBADHI KASAYA

Ingredients

Thripala, Kaladuru ala, Viyali kaha, Kohamba pothu, Dummala, SenahiKaha

⇒ Each 6g

Indications: Skin diseases, Kushta roga

2.1.28 IRAMUSU AADHI KASAYA

Ingredients

Iramusu	Iriveriya
Kaladuru	Vishnukaanthi
Bawila	Elabatu
Koththamalli	Velmi
Katukarosana	Valangasal
Asamodaham	Inguru
Gammiris	Thippili
Yakinaarang mul	Thripala

Indications: Epilepsy, Fever, Hyperactive children

2.1.29 KATUWELBATU MUDAMAHANA KASAYA

Ingredients

Katuwel batu	Mudamahana
Kaladuru	Thippili
Koththamalli	

Indications: Adult respiratory disease, T.B

2.1.30 KOTTANG 5 KASAYA

Ingredients

Suwandakottang	Rasakinda
Iriveriya	Viyali inguru
Katuwelbatu	

Anupana: Thippili powder 1/4 tsp + Sahida lunu 1/4tsp

Indications: Syphilis, Worm infestations, Gonorrhoea

2.1.31 KAPPARAWALLI AADHI KASAYA

Ingredients

Kapparawalli	Aralu
Velmi	Lunuwila
Thippili	Vishnukaranthi
Viyali inguru	Rathulunu

Indications: Cough in children with phlegmatic fever, Dry cough

2.1.32 MAHA RASNADIHI KASAYA

Ingredients

Maha paha	Heeng araththa ala
Rasakiri ala	Devadara
Erandu mul	Inguru piyali
Babila mul	Ehala pothu
Wiyali inguru	Katukarandu
Heeng nerunji	Girithilla
Pila mul	Asamodaham
Saarana mul	Nelum thandu
Amukkara ala	Pasama dhuwel
Vadha kaha	Kapu ata madha
Adhividayam	Wel kahambiliya
Saathaawari	Paawatta
Gal sewela	

Indications: Paralysis, Joint diseases, Facial paralysis, Rheumatoid arthritis

2.1.33 MASHA BALA SHUKA SHIMBEE KASAYA

Ingredients

Udhu	Babila mul
Vadhuru madha ata	Pagirimana mul
Heen araththa ala	Amukkara ala
Endaru mul	

Indications: Paralysis, Facial paralysis (Later stage)

2.1.34 MAHA RATH HANDUN KASAYA

Ingredients

Rathhandun	Dheduru
Suduhandun	Thibbatu mul
Wel thibbatu	Sevenna mul
Devadaru	Enasal

Kooramul

Iriveriya

Maasakka

Akkrapatta

Karalheba

Indications: Skin condition

Anupana: Honey

2.1.35 NIRGUNDI LASUNAG KASAYA

Ingredieints

Nika mul 30g

Sudu lunu

Murunga mul

Devadaru

Vadha kaha

Suwanda kottang

Viyali inguru

Each 5g

Indications: Paralysis, Arthritis, Aama vaatha

2.1.36 PANCHAMOOLI LASUDRAKSHA KASAYA

Ingredients

Sulupaha

Muddarappalam

Diyamiththamul

Katukarosana

Nelli

Rasakinda

Indications: Vatha, Pitta fever, Jaundice

2.1.37 PANCH KOLA KASAYA

Ingredients

Thippili

Thippili mul

Siviya

Rathnitol

Wiyali inguru

Indication: Indigestion

2.1.38 PUNARNAWAADHI KASAYA

Ingredients

Sarana mul, Dhumella, Viyali inguru, Devadara, Rathnitol, Kohomba pothu,
Katukarosana, Rasakinda, Aralu

⇒ Each 8.5g with Sahindalunu

Indications: Shodana karma

2.1.39 PATHIYAADHI KASAYA

Ingredients

Thripala	Bin kohamba
Viyali kaha	Kohomba pothu
Rosa kinda	UK hakuru
Sahinda lunu	

Indications: Skin conditions

2.1.40 PATHAYACHADATHRI KASAYA

Ingredients

Thripala	Binkohomba
Viyalikaha	Kohomba pothu
Rasakinda	

Indications: Headache, Disease of teeth, Migraine, Eye disease

2.1.41 PUNAMA VASTHAKA KASAYA

Ingredients

Sarana mul	Sohomba pothu
Dummella	Viyali inguru
Katukarosana	Rasakida
Darharidra	Aralu

Indications: Oedema, Anemia, Abdominal distension, Dysmenorrhoea

2.1.42 RASNA KASAYA

Ingredients

Heeng araththa ala, Viyali inguru, Rasakinda, Aralu, Katu karaddu mul, Kaladuru ala, Devadara, Katukarosana, Adathoda mul, Edaru mul, Inguru piyali, Sathavari ala, Dhasha moola

⇒ Each 2.7g

2.1.43 RASNA 5 KASHAYA

Ingredients

Araththa, Devadaru, Viyali inguru, Rasakinda, Erandu

⇒ Each 1 Kalan 8 Madhati

Indications: Joint pain, Backache & lumbar pain (Given at early stage)

2.1.44 RASNA 7 KASAYA

Ingredients

Heen araththa	Velmi
Rasakinda	Edaru mul
Bebila mul	Gokhatu mul
Aadathoda	

Indications: Joint pains, Arthritis, Sciatica, Neck stiffness, Paralysis, Facial paralysis

2.1.45 RASNA 13 KASAYA

Ingredients

Heen araththa ala	Erandu mul
Pawatta / Adathoda mul	Katukarandu mul
Aralu	Devadaru
Wiyali inguru	Kaladuru
Wel kahambiliya mul	Rasakinda
Inguru piyali	Saathawariya
Adhiwidayam	

Indications: All joint conditions (RA, OA, Sciatica, Back pain)

2.1.46 RASNA 27 KASAYA

Ingredients

Heeng araththa ala, Murunga, Sarana mul, Aghil, Inguru piyali, Nika, Wiyali kaha, Wiyali inguru, Devadaru, Siviya, Babila, Erandu mul, Siru thekku, Dasha moola, Suwanda kottang, Katukarandu mul, Rathnitol, Sudulunu

⇒ Each 2.2g

Indications: All joint conditions (RA, OA, Sciatica, Back pain)

2.1.47 RASNA ERANDAATHI KASAYA

Ingredients

Araththa ala	Beheth erandu mul
Sathavari ala	Katu karadu mul
Wel kahambiliya	Adhathoda mul
Viyali inguru	Rasa kind
Devadaru	Adhiwidayam
Aralu	Kaladuru ala
Inguru piyali	

Indications: Vaatha contions, Aama conditions

Dose : Morning with erandu thel

Evening with Sugar, Sahinda lunu

2.1.48 SATHAVARI GOPAKANAYA KASAYA

Ingredients

Sathavari ala, Iramusu mul, Suduhandhun, Sevandara, Iriveriya, Sulukara mul, Viyali midhi, nil manel ala, Velmi, Wel madhata

⇒ With honey

Indications: Intermittent fever, Menorrhagea, Burning sensation of body, Burns, Fever

2.1.49 SATHAVARI 10 KASAYA

Ingredients

Hathawariya ala	Iramusu ^{A-M} mul
Suduhadun	Sevendara mul
Iriveriya	Sulukara mul
Viyali midi	Velmadata
Manelala	Velmi

Indications: STD

2.1.50 SULU PAHA KASAYA

Ingredients

Aswenna whole plant	Pol pala whole plant
Elabatu mul	Katu wel batu
Heeng nerunji mul	

Indications: UTI, Odema, Vatha roha, DMD, Paralysis.

2.1.51 SHADDARANA YOGAYA KASAYA (CHITRAKENDRAPATHA KASAYA)

Ingredients

Rathnitol	Kelindasahal
Diyamiththa	Katukarosana
Athividayam	Aralu

Indications: Leucorrhoea, Blisters, Oedema, Ulcer

2.1.52 SINGASAYI PANCHIA MOOLI KASAYA

Ingredients

Pavatta mul	Thottila mul
Edhdhemata mul	Brandu mul
Bebila mul	Palol mul
Rasakinda	Heen nemgi

Indications: Skin conditions

2.1.53 THALA DALU KALAN 12 KASAYA

Ingredients

Thala dalu 12 Kalan

Indications: Cystitis, Gonorrhoea, General pain, menstrual irregularities, Loss of libido

2.1.54 THIRIPALACHEENAALA KASAYA

Ingredients

Thripala Cheena ala

Indications: Herpes infection

2.1.55 THIRIPALA GUGULU KASAYA

Ingredients

Aral, Bulu, Nelli, Gugulu

⇒ Each 3 kalan

Indications: Obesity, Shodana karma, uterine prolapse, Fibroid, PCOD

2.1.56 TRIKATU KADHIYA KASHAYA

Trikatu, Thripala, Koththamalli, Vadha kaha, Katukarosana, Kohomba, Rasakinda, Kaladuru

⇒ Each 5g

Indications: Cerebral palsy, Paralysis, Facial palsy, Sciatica (But not given in weak patients)

2.1.57 some traditional Kasaya preparations

Below given are some traditional Kasaya preparations, prepared in our hospital with no any specific titles.

1.

Ingredients

Loth subul

Katukarandu mul

Iramusu mul \Rightarrow each 2.4 kalan

Namal renu

Kobolla pothu

Indications: Leucorrhoea, uterine disease, Enlarge scrotum, cough, congestion of Liver

2.

Ingredients

Vammuthu \Rightarrow each 6 kalan

Suwadakottan

Indications: Worm treatment, uterine prolapse

3.

Ingredients

Kaju eta mada

Sudulunu

Kaluthala

Sathakuppa

Indications : Uterine diseases, Gonorrhoea, Amenorrhoea

4.

Ingredients

Kabarasa mul

Ugurasa mul

Lunuwarana pothu

Katupila

Indication: Fibroid, Oedema, abscess

5.

Ingredients

Ingini eta

Suduhandun

Aralu

Gokatu

Polpala

Rasathida

Indication: Cystitis, Gonorrhoea, Amenorrhoea

6.

Ingredients

Kabarassa mul Ugurassa mul
Rathkobolla pothu Elabinthaburu
Sathakuppa

Indications: Amenorrhoea, Glandular disease (Thyroid disease), Dysmenorrhoea, Oedema

7.

Ingredients

Kaluduru

Sathakuppa \Rightarrow each 6 kalan

Indications: Amenorrhoea, Dysmenorrhea, Worm treatment, cyst

8.

Ingredients

Hathawariya 6 kalan

Kaluduru 2 kalan

Sathakuppa 2 kalan

Katukarandu 2kalan

Indications: Amenorrhoea, Congestion of the liver

Anupana: Dasamool akiri kasaya

9.

Ingredients

Kabarasa mul Ugurassa mul

Elabinthaburu Katupila

Indications: Tertiary syphilis, Fibroids, General debility

10.

Ingredients

Aralu

Bulu \Rightarrow each 6 kalan + Denibadi kasaya

Indications: Pain in flank, Impotency

11.

Ingredients

Sulu paha Wel kahambiliya

Indications: PID, Dysmenorrhoea

12.

Ingredients

Burulladalu

Lunuwarana pothu \Rightarrow Each 6 kalan

Indications: Wounds, Ulcer

13.

Ingredients

Lunuwarana pothu

Aralu

Sudulunu

Devadara

Indications: Dysuria, Cough

14.

Ingredients

Kaluduru

Sathakuppa

Thippili

Hathavariya ala

Katukarandu mul

Indications: Amenorrhoea, Dysmenorrhoea

15.

Ingredients

Aththika pothu

Amba pothu

Indication : Menorrhagia

16.

Ingredients

Burulladalu

Lunuwarana pothu \Rightarrow Each 6 kalan

Indications: Urinary problem, STD, Pains

17.

Ingredients

Kaluduru

Sadakuppa

Aralu

Katukarandu

Indications: Amenorrhoea, Cough, Jaundice, Congestion of liver

18.

Ingredients

Cheena ala 6 kalan
Aralu 2 kalan
Bulu 2 kalan
Nelli 2 kalan

Indication: Herpes, Dhosha samana, STD

19.

Ingredients

Pitawakka Venivel
Iramusu Namal renu
Lothsumbul

Indication: White discharge

20.

Ingredients

Erandusapthaka kasaya + Abayarosanameithe

Indications: Joint pain, Heart pain, Penis pain & Breast pain

21.

Ingredients

Hathawariya ala 6 kalan
Namal renu 1.5 kalan
Pitawakka 1.5 kalan
Venivel 1.5 kalan
Iramusu 1.5 kalan

Indications: Subfertility, Burning sensation of body, Wounds, Oedema, Loss of libido

22.

Ingredients

Lothsumbul Namal renu
Kobolla pothu

Indication: White discharge

23.

Ingredients

Kaju eta Sadakuppa
Kaluthala

Indication: Uterine disease, Amenorrhoea, Dysmenorrhoea

24.

Ingredients

Kabarassa mul Ugurassa mul
Lunuwarana pothu Kaluduru

Indication: Vaatha disease

25.

Ingredients

Kabarassa Ugurassa
Elabinthamburu Lunuwarana pothu

Indication: Syphilis, Anemia, Acts as Abortifacient

26.

Ingredients

Thembilipolmal Aththikka pothu
Madang pothu Alukesalala

Indications: Menorrhagia, White discharge, Burning sensation

27.

Ingredients

Lothraadi }
Gokhatu } Each 6 kalan

Indications: Amenorrhoea, Endometritis, Leucorrhoea, Menorrhagea, Swelling, Cough, Urinary calculi, Dysuria, Catarrh

2.2.0 AASAWA AND ARISHTA

Aasawa and Arishta are ayurvedic preparation that contains self-generated alcohol content and herbal extracts soluble both in water as well as alcohol. The main difference between Aasawa and Arishta is involvement of the heat. Generally, Aasawa formulation are prepared without making decoction and Arishta formulations are prepared by making decoction. However, it is not a universal principle and there are few exceptions. Further it is fermented and contains alcohol. So it could be used mixing with hot water, thereby alcohol will be evaporated. The normal dose for both

Arishta and Asawa is ½ to 1 ounce. The following Arishta and Asawa are mainly used in our hospital.

2.2.1 ARAVINDHA ASAWA

Ingredients:

Nelum	60g	
Sevendhra	60g	
Eth demata	60g	
Nilmanel	60g	
Velmadhata	60g	
Heen	60g	
Bebile	60g	
Jatamansi	60g	
Kaladhuru	60g	
Iramusu	60g	
Aralu	60g	
Mura	60g	
Bulu	60g	
Wadhakaha	60g	
Nelli	60g	
Shatee	60g	
Kalu iramusu	60g	
Avariya	60g	
Pathola	60g	
Pat padagam	60g	
Kumbuk pothu	60g	
Mee mal	60g	
Velmi	60g	
Mudhdirippalam		1200g
Dathaki	960g	
Mee peni		3000g
Water	30.72l	

Hospital uses: Delayed milestone, weakness, cough, Anoroxia, Indigestion, Diarrohea,

Flatulence, psychological problems.

Pharmacopiea: Body tonic, digestive enhancement, infant disorders, anti aging, evil

Thoughts (superstitious).

2.2.2 CHANDHANA ASAWA

Ingredients:

Lahzan	}	each 60g
Balaka		
Kaladuru Ala		
Ethdemata gedi		
Nilmanel Ala		
Priyangu		

Padmakashta	}	Each 60g
Lodhire		
Weldemata		
Rathhandhun		
Diyamiththa		
Binkohomba		
Nunga pothu		
Thippili and Bopothu		
Shatee		
Pat paadakam ,		
Velmi		
Heen arathha Ala		
Pathola		
Koboleela pothu	}	960g
Amba pothu		
Katu imbul meliyama		
Dathaki;		
Mudhahirappalam		1200g
Water		30.72g
Sharkara		600g
Guda		3000g

Hospital uses: Spermatorrhoea, improves and strength immunity, improves nourishment, cardiac tonic, improve digestion.

Pharmacopoeia: Sperm in urine, energetic, heart disease, digestive enhancement, Diabetic mellitus, leuchorrea, urinary disorders.

2.2.3 CHARIBADIHYA ASAWA

Ingredients:

Kalu iramusu	}	Each 240g
Kaladuru Ala		
Lodhire		
Nuga pothu		
Bo pothu		
Shatee		
Iramusu		
Pathma kashta		
Sevendhra pradhinidhi		
Diyamiththa		
Nelli		
Rasakinda		
Sevendra		
Sudhuhandhun		
Rathhandhun		
Asamodhagam		
Katukarosana		

Thejapathre	}	each 240g
Hin enasal		
Maha enasal		
Kottang		
Senahikola		
Aralu		
Water		30.72 l
Guda		18kg
Dataki		600g
Mudhdirippalam		3600g

Hospital uses: Diabetic, Skin diseases, Joint diseases, Syphilis, Weakness

Pharmacopeia: Decubitus ulcers, Genetic disorders, Bleeding disorders, Fistula

2.2.4 KANAHASAWA

Ingredients: Aththana (panchanga -fruit, flower, leaves, bark, root)

Adathoda root bark

Etc....

Dose : 15ml-30ml

Indication: Respiratory disease, Cough, Peenesam, Fever, Bleeding from heat

2.2.5 LOUGASAWAYA

Ingredients:

Haleela	240g
Baleela	240g
Amla	240g
Ginger	240g
Pepper	240g
Thippili	240g
Asamodhagam	240g
Walangas	240g
KaladuruAla	240g
Rathnitol root	240g
Honey	3840g
Guda	6000g
Water	30.72 l

Hospital uses: digestive correction, improve metabolism, anemia, inflammatory Conditions, abnormal tumors, distensions, relieve abdominal colic, piles, Skin disorders, splenomegally, pruritis, cough & cold, wheezing & asthma, Fistula, anoroxia, arythmia.

Pharmacopiea: Anemia, edema, flatulance, ascitis, piles, psoriasis, spleenomegally, Hydrocele, itching, cough, fistula, anoroxia, irritable bowel syndrom, Heart diseases.

2.2.6 PUNARNAWA ASAWA

Ingredients:

Ginger	
Pepper	
Thippili	
Aralu	Each 60g
Bulu	
Nelli	
Venivel	
Gokotu mul	
Elabatu mul	each 60g
Katuwelbatu mul	
Adathoda mul	
Endaru mul	
Katukarosana	
Gaja thippili	each 60g
Saarana mul	
Kohomba bark	
Rasakinda	
Dried raabu ala	
Kahambiliya	
Dummella	
Dhathaki	960g
Plums	1200g
Sugar	6000g
Honey	3000g
Water	32.72litre

Dose : 15ml-30ml bd

Actions : Diuretic

Indications: Oedema, Ascitis, Enlarged spleen and liver, Hypertention

2.2.7 PIPPALYASAWA

Ingredients:

Thippili	}	Each 30g
Gammiris		
Siviya mul		
Wiyali kaha		
Rathnitol		
Kaladuru ala	}	Each 30g
Walangasal		
Wiyali puwak		
Lodra		
Diyamittha		
Nelli		
Elawaaluka		
Sawandara mul		
Sudu handun		
Suwanda kottang		
Karaabu	}	each 30g
Thagara (thuwarala)		
Jatamansi		
Kurundu pothu		
Heeng enasal		
Neja pathra	}	
Naamal renu		
Water		30.72 litre
Guda		18Kg
Dathaki		600g
Plums		26Kg

Dose : 15-30ml bd

Indications: Anemia, Phantom tumor, Ascitis, Peenas, Anorexia, Indigestion

2.2.8 ABEYARISTA

Ingredients:

Eta evathkala aralu (Haleela without Seed)	480g
Eta evathkala Nelli (Amla without Seed)	960g
Deul Mada Veeyala	600g
Gon kekiri ala (Vellarikai yam)	300g
Valangsaal,	
Thipili	
Lodire	
Gammiris (Pepper)	
Elavaluka	120g
Jalaya (Water)	61.44l
Gudha (Jugger)	12kg

Dose : ½ - 1 Ounce

Indication : Hemorrhoids, Anemia, Heart disease, bowel disease, Splenomegaly, Ascites, skin edema, anorexia, body strength, completion digestion power, Jaundice, skin disease, Worm infestation, Skin nodules, TB, Fever, Pustules, boils

2.2.9 AMRUTHARISHTA

Ingredients:

Rasakinde (Gilo)	6kg
Dasamul	6kg
Jalaya (Water)	61.44l
Guda (Jaggery)	8kg
Asamodagam	960g
Patpadaham	120g
Trikatu	60g
Kaladuru ala	60g
Namal renu	60g
Katukorosana	60g
Athividayam	60g
Kelinde haal	60g
Rukaththana poth	60g
(Matured)	

Dose : ¼ to 1 ounce (15-30ml)

Indication: Ama vatha conditions, Fever, Fever + joint pain, Phlegmatic conditions

2.2.10 ARJUNA ARISTAYA

Ingredients:

Kubukpothu

Muddarappalam

Meemal

Dathaki

Dose : 15-30ml bd

Indication: Heart disease Chest pain, Weakness of heart, Blood purifier, hypertension Nervine tonic, Disease in Respiratory system

2.2.11 ASHOKARISHTA

Ingredients:

Ashoka Pothu	6kg
Jalaya (Water)	61 l
Gudha (Juggery)	12kg
Dathaki (Malitha mal)	960g
Kaladuru (Kalonji)	60g
Kalanduru ala	60g
Viyali inguru	60g
Daru Haridha	60g
Mathal ala	180g
Thripal	60g
Amba Etta madha (Mango Seed)	60g
Suduru (Zeera)	60g
Adathoda Pothu (Adosa bark)	60g
Sudu Handun (Sandale Sufaid)	60g

Dose : ½ - 1 Ounce

Indication: Nasal bleeding, Indigestion, Bleeding hemorrhoid, Balances Pitta dosa, Fever, Pain, Menorrhagia, Bleeding disorder, Anorexia, Diabetic mellitus, edema

2.2.12 ASHWAGANDHARISHTA

Ingredients:

Amukara ala	3kg
Binthal ala	1.2kg
Velmadata	600g
Aralu (Haleela)	600g
Viyali Kaha	600g
Venivel	600g
Velmi	600g
Aratha ala	600g
Kirjbadu ala	600g
Kumbuk pothu	600g
Kalanduru ala	600g
Thrasawalu	600g
Sudu iramusu mul	480g
Kalu iramusu mul	480g
Sudu handun	480g
Rath handun	480g
Vadh Kaha (Maramanjai)	480g
Rathnitol	480g
Jalaya (Water)	122 l
Dathaki (Malitha mal)	960g
Meepani	1.8kg

Dose : ½ - 1 Ounce

Indications: Unconsciousness, Epilepsy, Emaciation, Unmada, Hemorrhoid, Weak Digestion, Vatha, induce disorder, Sexual weakness, Infertility, Hypothyroidism

2.2.13 BALARISHTA**Ingredients:**

Bebile mul	6kg
Amukkara ala	6kg
Jalaya (Water)	122.58l
Guda (Jaggery)	18kg
Dathaki (Malithamal)	960g

Kshrkakokli	120g
Erandumul	120g
Heenaratha	60g
Heenenasal	60g
Prasarani (Aswenne)	60g
Sevendara	60g
Heen gokatu	60g

Dose : ½ to 1 ounce (15-30ml)

Indication: Vatha conditions, Phlegmatic conditions, Appetite inducer, Body tonic, joint pain

2.2.14 DRAKSHARISHTA

Ingredients:

Mudraspalam (Plums)	50units
Jalaya (Water)	30.72l
Guda (Jaggery)	12kg
Malithamal	600g
Heen kurundu pothu	s. q
Heen enasal	60g
Tej pathra	60g
Namal renu (stegma)	60g
Valangasal	60g
Thippili	60g
Gammiris	60g
Priyangu	60g

Dose : ½ to 1 ounce (15-30ml)

Indication: Cough and cold, Asthma, Body tonic, Breathing difficulties, Bowel cleansing, Goitre, Sinusitis

2.2.15 KADIRISTAYA

Ingredients:

Kadira	2.4kg
Dewadaru	2.4kg
Bakuchi Seed	576g
Dharvi (Venivel)	960g

Aralu (Halcel)	960g
Bulu (Baleola)	960g
Nelli (Amla)	960g
Jalaya (Water)	93.304 l
Mee peni (Honey)	9.6kg
Sarkara (Sugar Candy)	9.8kg
Dathaki (Maljtha Mal)	960g
Kankola (Val Milahu)	48g
Nagakeshara (Naha Maram Stamen)	48g
Jatiphala (Jawpale)	48g
Lavanga (Clove)	48g
Ela (Elachi)	48g
Twak (Darchini)	48g
Thipili	192g

Dose : $\frac{1}{2}$ - 1 Ounce

Indication: Skin disease, Leprosy, Cardiac Tonic, Anemia, Liver disease, Tumors, Cyst, Intestinal worm, Wound, Cough, Asma Splenomegaly, Dyspnea, and Ascites

2.2.16 NIMBARISHTA

Ingredients:

Kohomba pothu	75Rathi
Jalaya (Water)	912bottles
Valangasal	4Rathi
Mee peni (Honey)	48 bottles
Seeni (Sugar)	129Rathi

OR

Kohomba pothu	24Rathi
Aralu	24Rathi
Bulu	24Rathi
Nelli	24Rathi
Jalaya (Water)	384seru

Dose : $\frac{1}{2}$ to 1 ounce (15-30ml)

Indication: Skin disorders (psoriasis eczema, rashes, wounds, Blood disorders, Worm infestations, Toxemia, Lecorrhoea

തിര്യക്കുഴിയിൽ ഉപ്പ് - 8kg
 വെളുത്ത - 8kg
 രണ്ട് ഇളക്കി കഞ്ഞിയിൽ ചേർത്ത് - 8kg
 വെളുത്ത - 8kg

തിര്യ - 8kg
 തിര്യക്കുഴിയിൽ - 8kg
 തിര്യ - 8kg
 തിര്യ - 50 bottle.

2.3.0 PATHTHU

2.3.1 AMUKKARAADHI PATHTHUWA

Ingredients

Amukkara

Suwandakottang

Katukarosana

Aba

Thala

Vee Pori

Take same quantity of these roasted ingredients and powder them and boil in cow's milk and then mix with ghee

Indications: Used for nutritive purpose, Gynaecological conditions

2.3.2 SIYAMBALA BORA PATHTHUWA

Ingredients

Siyambala bora 04 parts

Vinakiri 03 parts

Thalathel 02 parts

Mix all together and mild heat

Indications: Hypertension, Diplopia

2.3.3 KETAKOLA PATHTHUWA

Ingredients

Thala 30g

Aba 30g

Vadhakaha 30g

Viyalikaha 30g

Suduru 30g

Kaluduru 30g

Kurakkan piti 100g

Powder all ingredients and boil them in 1 ½ bottle of ketakola juice and add kithul honey and make as paththu and heat and allow to cool then add egg white and use

Indications: Compound fractures

2.3.4 GASLABU DIYALABU PATHTHUWA

Ingredients

Gaslabu madha 500g

Diyalabu madha 500g

Iti Perungayam Skalang

Grind all the ingredients in coconut milk and heat them until it become as paththu form

Hecrassa palu	200g
Nanpiriththa kola	200g
Amukaha	200g
Kekuluhaal piti	200g

Indications: To soften the joints, frozen shoulder, to resolve the stiffness occurred due to POP bandage

2.3.5 THALA SADAKUPPA PATHTHUWA

Ingredients

Thala	50g
Sadakuppa	50g
Vee pori	50g
Endaru eta madha	50g

Boil all the ingredients in 500ml of cow's milk and add 1 ounce gheethel and make paththu

Indications: Tubal block, Fibroid, PCOD (Applied on Uterus area)

2.3.6 NELLI KALUTHALA PATHTHUWA

Ingredients

Nelli
Kaluthala

Heat both separately and pound them until become fine then sieve them and mix with heated neelyadi oil which is added with 3, 4 kapurumal petals

Indications: Fractures, Dislocations, Acute contusions

2.3.7 BING DUMMAL PATHTHUWA

Ingredients

Bing Dummala
Hal Dummala
Thiththabin
Burned thiruvena stone
Kayippu

Grind with thala thel and apply

Indication: Haemorrhoids

2.3.8 RATH HANDHUN AADHI PATHTHUWA

Ingredients

Rath handun
Aralu
Sahinda lunu
Karambu neti
Thiththabin

Take equal quantity and powder all and mix with siyambala kola juice and apply

Indication: Chronic contusion

2.3.9 SIYAMBALA KOLA AADHI THEWILLA

Ingredients

Siyambala kola

Undhupiyali

Gotukola

Rathulunu

Indication: Sinusitis

2.3.10 GODAPARAADHI PATHTHUWA

Ingredients

Godapara

Komarika mada

Heeng araththa ala

Puwak mal

Take equal quantity, grind and make

Indications: Fracture, Joint stiffness

2.3.11 IDHIBODA PATHTHUWA

Ingredients

Diyalabu mada

Godapara

Naapiritha kola

Idhi boda

Hathawariya ala

Amukaha

Kottapol

Boil in coconut milk and make paththu

Indication: Vatha samana

2.3.12 SADIKKA VASAVAASI AADHI PATHTHUWA

Ingredients

Sadikka

Vasavasi

Dehigeta

Koththamalli

Amuinguru

Sudulunu

Take equal quantity and grind
with bee honey and apply

මගේ පොත - 20෦g
වෙල් - 20kg
කිරි - 20kg
පුදු ගුණ - 20kg
භික්ෂු භාණ්ඩ - 20kg
භවිෂ්ඨ - 20kg
විශ්ලේෂණ - 20kg
වෙනිවෙල් - 20kg
පුදු පොත - 20kg
වෙල් - 20kg

* පුදු පොත වෙල් - 20kg

පුදු - 10kg
පුදු ගුණ - 10kg
වෙනිවෙල් - 10kg
කිරි - 100g
භවිෂ්ඨ - 1kg
වෙල් - 20kg

→ Skin condition.

Karambuneti

Indication: Carpal tunnel syndrome

2.3.13 GODAPARA MINERI HAAL PATHTHUWA

Ingredients

Godapara mada

Naapiriththa kola

Diyalabu

Venerihaal

Haathawariya ala

Idi Boda

Amukaha

Take same quantity, boil in coconut milk, grind and make paththu

Indications: Fracture, Joint stiffness

2.3.14 MURUNGAADHI LEPAYA

Ingredients

Murunga mul

Saarana mul

Devadaru

Viyali inguru

Aba

Grind with vinegar and make paththu

Indications: Tightness and stiffness of POP bandage

2.4.0 KALKA

2.4.1 NAVARATHNA KALKA

Ingredients:

Asamodhaham - අසමෝද්දහම 2kg

Devadaru කිණ්ණි 2kg

Vasavasi වුයුරු 2kg

Velmi කළුදුරු 2kg

Karabu ලුණු 2kg

Perungayam කරායු තැර 2kg

Deduru වයා වෙණ 2kg

Sanninayam ela (badal- aloe) සාද්දිනි 2kg

Inguru කටුකරෝහන 2kg

සන්නිතාය 2kg

44

ච. ලුණු 2kg

පෙරුමකාය 10 2kg

අරළු 52kg

Thippili

Sadhikka

Katukarosana

⇒ Each 1 kalang

Aralu -26 kalang

Bulu -13 kalang

Method of preparation: Make all ingredients fine powder, mix with honey, and make fine paste.

Dose: 750 - 1250 mg (madatiya size 3-5)

Anupana:

- Ginger juice + lime juice + Honey
- Sudulunu + gammiris boiled water

Indication: Indigestion, Vomiting, Diarrhoea, Fever, Cough, Bronchitis, Abdominal pain

Disease	Anupana
Diarrhoea	<ul style="list-style-type: none">➤ Maadang pothu juice➤ Kaladuru ala, amuinguru, iriveriya thadu juice add bee honey and kalka
Fever	<ul style="list-style-type: none">➤ Venivelgeta, koththamalli boiled water➤ Inguru, koththamalli, pathpadaham boiled water➤ Paspangu kasaya
Indigestion	<ul style="list-style-type: none">➤ Amuinguru juice, dehi embul, bee honey➤ Dehi pothu juice, amuinguru juice, sudulunu juice
Vomiting	<ul style="list-style-type: none">➤ Makarandan anupana➤ Sadikka rub in dehi embul mix bee honey and kalka
Vaatha conditions	<ul style="list-style-type: none">➤ Bebila mul, sudulunu boiled water
Arthritis conditions	<ul style="list-style-type: none">➤ Thotila pothu boiled water

2.4.2 CHANDRA KALKA - මන්ද නේතිය

Ingredients:

Suduhadun, Velmi, Thippili, Thivarga, Deduru, Asamodaham, Devadara, Athividayam, Inguru, Koththamalli, Kelinda eta, Valangasal, Sathakuppa, Katukarohani, Upul kola, Triphal, Weltibbatu mul, Heen araththa ala,

සුදු හඳුනි - 1kg	කළුදරු - 1kg	වි. ඉඳුරු - 1kg	නිල්ලනෙල් කොළ - 1kg
මැල්ල - 1kg	පාදිනිකා - 1kg	කොක්කමල්ල - 1kg	අලු - 1kg
කුණුලු - 1kg	මසමාණ - 1kg	කෙළිලි හාල් - 1kg	කුළු - 1kg
කරානු නෙල් - 1kg	අසමේදන - 1kg	රොන කුණු - 1kg	කෙල්ලි - 1kg
සාදු - 1kg	දේවදරු - 1kg	රත්තිමාණ - 1kg	

Inguru - 1kg Inguru - 1kg Inguru - 24 bottle
 Kattukal - 1kg Kattukal - 1kg Kattukal - 1 bottle
 Kattukal - 1kg Kattukal - 1kg Kattukal - 1kg
 Kattukal - 1kg Kattukal - 1kg Kattukal - 1kg

Inguru piyali, Enasal, Katukarosana, Suwada kottang, Nika dalu, Sarana mul, Kaladuru ala

Take equal quantity, make fine powder, grind with Thala thel, after grind with bee honey make paste (kalka).

Dose: Adults: 1-2 manjadi size guli (250mg)

Children: Olinda eta size

Anupana:

- Inguru juice + embul thodam juice + bee honey mixture
- Katuwelbatu, inguru kasaya

Indications:

Fever, Epilepsy, Chest pain, Dry cough, Cough, Flatulence, Aphthous ulcer, Fajij, Afthritis, Phlegmatic conditions, Skin conditions

Disease	Anupana
Fever	➤ Koththamalli, velmi, deduru, gammiris, akkarapatta, vagapul, igini eta, sadun, pawatta mul, yakavanasa, trikulu kasaya + breast milk, thalathel, ghee thel, sugar, ukpeni, bee honey mix with kalka
Phlegm	➤ Amuinguru juice, jambira juice, thala thel, ghee and sugar
Severe fever	➤ Triphal+ sugar+ bee honey+ breast milk
Blue partum (sanni)	➤ Desida thodam nika batu, yakinarang anupana

2.4.3 VAATHAROGA KALKA

Ingredients:

Kumburu eta, Viyali inguru, Perungayam, Thippili, Sahindalunu, Sudulunu

➡ Take equal quantity and add Ghee

Indications: Arthritis, Pain, Paralysis

2.4.4 SHARKKARADHI KALKA - ശർക്കരാദി കൽകം

Ingredients:

Gammiris, Sahinda lunu, Velmi, Thippili, Valangasal eta mada, Gaspenala gediye pothu, Vaalmolahu eta mada, Suwada kottang, Athividayam, Yawakshara, Suwasalunu, Sirithekku, Sudulunu, Kakada singi

➡ Each 1 kalang

Akkarapatta - 3 kalang

Inguru - 1kg Inguru - 1kg Inguru - 1kg
 Kattukal - 1kg Kattukal - 1kg Kattukal - 1kg
 Kattukal - 1kg Kattukal - 1kg Kattukal - 1kg
 Kattukal - 1kg Kattukal - 1kg Kattukal - 1kg
 Kattukal - 1kg Kattukal - 1kg Kattukal - 1kg

Katukarosana -6 kalang

Sugar -23 kalang

Make all ingredients powder, grind with bee honey and make paste.

Dose: Birth to 3 months – (vee eta size) 1 grain size

3 months to 1 year – (pepper size) 125mg

Above 1 year – (manjadi size) 250mg

Anupana:

- Katuwelbatu, deduru, katukarosana, sirithekkku.
- Inguru, sahinda lunu, sugar
- Suwasalunu, sahinda lunu, lime juice, embul thodam juice, nasnarang juice, sugar, inguru juice.

Indications: Infantile fever, Cough, Asthma, Constipation, Shivering, Fever

Disease	Anupana
Cough	<ul style="list-style-type: none">➤ Only bee honey➤ Inguru koththamalli boiled water
Infantile fever	<ul style="list-style-type: none">➤ Katuwelbatu, deduru, katukadi kasaya➤ Thippili, akkarapatta, athividayam kasaya
Wheezhing	<ul style="list-style-type: none">➤ Inguru juice, sahinda Lunu, sugar➤ Nasnarang embul, inguru juice, dehiembul, sahidalunu, suwasa Lunu, sugar

2.4.5 DESADUN KALKA / RATHA KALKA

Ingredients:

Kollu, Vadha kaha, Velmi, Rathhadun, Suduhadun

⇒ Equal quantity (if 1 kalang)

Sahinda lunu - (5 kalang) 1:1

All Ingredients boil in lime juice and grind it.

Actions: Immuno modulator, Antimicrobial, Antibacterial, Mussaffi e khoon

Dose:

- ✓ 1month: gammiris eta size with breast milk
- ✓ 2-5years: madatiya size with koththamalli decoction
- ✓ 125-250 mg

Anupana:

- Koththamalli decoction

Indications: Infantile epilepsy, Fever, Constipation, Irritation, Itching, Sevvappu

Disease	Anupana
Infantile fever	<ul style="list-style-type: none"> ➤ Breast milk ➤ Koththamalli boiled water
Common	<ul style="list-style-type: none"> ➤ Breast milk
Rathagaya	<ul style="list-style-type: none"> ➤ Rathmal, vadamal kekulu, lunuvila, aralu kasaya

2.4.6 BUDHDHARAJA KALKA

Ingredients:

Sadhulingham, Kaluduru, Sududuru, Raththiriyal, Karambu, Vasavasi, Sadikka, Inguru, Galmada, Alnahara, Uluhaal, Suwadakottang, Velmi, Perungayam, Abing, Puskara, Seenakkara, Palmanikkam, Gowripashanam, Manosil, Ingurupiyali, Sahindalunu, Akkarapatta, Katukarosana, Pethakarosana
Each 8 kalang

Rathhadun -100 kalang
Suduhadun 100 kalang

Method of preparation:

Make fine powder, sieve it. Add unripe embul thodam gedi juice and grind with bee honey.

Dose: 1-2 manjadi

Anupana:

- Inguru juice + embul thodam juice + bee honey mixture
- Katuwelbatu inguru kasaya.

Indications: Pneumonia, Phlegmatic cough, Cough, Asthma

2.5.0 VATI&GUGGULU

2.5.1 KOLA DAVUNDAYA

Ingredients:

Deduru	Velthibbatu mul	Thipal
Asamodagam	Koththamalli	Valangasal etamada
Perungayam	Kottam	Manosil
Athividayam	Thippili	Seenakkaram
Pushkara	Savinda Iunu	Sanninayam
Thrijatha	Vaalmolahu Etamada	Kelinda hal
Thrivarga	Akkarappatta	Penelagediye pothu

Sudu Iunu
Viyali Inguru
Kakulu soongu
(All equal quantity)

Masakka
Velmi
Sirithekku

Gamairis
Abin

Indication:

Disease of thridosha
Kalu – vatha roga
Pitta – kalu roga
Fever after delivery
Vata pain

Children:- Fever
Convulsion
Tetanus
Dumbness
Tremor
Diarrhoea
Hiccup

Anupana:

Breast Milk
Bee Honey

Ghee
Dalu anupana

Fever – Ginger Juice & Papiliya kindi decoction
Convulsion – Thotila bark decoction
Diarrhoea – Undupiyali juice
Pitha fever – Kindi decoction
Black fever – Black seed decoction

Dose: 125- 500 mg

Rakthika pramana guli 1 -4

2.5.2 YOGARAJA GUGGULUVA

Ingredients:

Rathnitol
Thippili mul
Asamodagam
Kaluduru
Valangasal
Val asamodagam
Sevandhara
Thejapathra

Suduru
Devadaru
Siviya mul
Ensal
Savinda Iunu
Suwanda kottan
Yavakara Iunu
Araththa

Gokatu
Koththamalli
Thipal
Kladuru ala
Thikulu
Kurundu pothu
Thalispauthra

(All equal quantity)

Indication:

Aama Vatha
Worm infestation
Digestive disorders
Spleen, stomach conditions
Brachial neuralgia

Synovitis
Joint or muscle stiffness
Joint diseases
Vatha conditions
Tissue depletion

Piles Mild laxative

Arthritis Constipation

Paralysis

Anupana:

Ardra swarasa

Honey

Warm water

Nimba swarasa

Milk

Dose: 250 to 500mg or

2 masha or

1 – 2 guli or

3 pills /day (tds)

2.5.3 KANCHANARA GUGGULU

Ingredients:

Koboleela pothu – 300g

Thipala prathayakawa – 90g

Krikatu milithava – 180g

Lunuwarana pothu – 15g

Ensal

Kurudhu pothu

Thejapathra – 7.5g

Guggulu

Indication: Chronic wounds, Skin diseases, Glandular swelling (cervical adenitis), Chronic Glandular swelling, anal fistula, Tumour, Abscess

Vehicle: Koboleela pothu decoction

Warm water

Dose: 4g

Shana 1

2-4 tablets (tds)

2.5.4 VATHAGAJENDHRA SINGHA RASAYA

Ingredient:

Abra basma – 6g

Lowha basma – 6g

Sudhdha rasadiya – 6g

Sudhdha gandaka – 6g

Heen ensal – 6g

Aralu – 6g

Bulu – 6g

Nelli – 6g

Karambu – 12g

Sadikka – 12g

Thamira bashma – 6g

Naga bashma – 6g

Tangana – 6g

Kurundhupothu – 6g

Thejapathra – 6g

Kaladuru – 6g

Suddha vachchanavi – 12g

Savindha lunu – 12g

Perungayam – 12g

Indication: vata, pith, sema disease

Vehicle: Mandhosshna kiri

Dose: ½ tola (Guli 1-2)

2.5.5 SHULAHARA VATI

Ingredient:

Common milk hedge (*Letea*) – 24mg
Black pepper (Fruit) – 24mg
Java long pepper (Fruit) – 24mg
Long pepper (Fruit) – 24mg
Root of piper longum (Root) – 24mg
Plumbago zeylanica (Root) – 24mg

Dry ginger (Rhizome) – 24mg
Ajowan (Seed) – 24mg
Cumin (Seed) – 24mg
Hyoscyamus niger (seed) – 24mg
Nux vomica purified (seed) – 10mg

Indication: Abdominal pain

Vatha dosha

Improve digestion

Improve bile secretion

Worm infestation

Flatulence

Vehicle: Warm water

Dose: 1-2 tablet, 3 times a day

2.5.6 NITYANANDA RASA

Ingredient:

Purified mercury – 5mg
Purified Sulphur – 5mg
Calx of Purified copper – 5mg
Calx of Purified tin – 5mg
Yellow orpiment purified – 5mg
Blue vitriol – 5mg
Calx of sacred conch shells – 5mg
Calx of cowrie shells – 5mg
Ferrous sulphate calx – 5mg
Calx of purified iron – 5mg
Terminalia chebula (Fruit) – 1.67mg
Terminalia belerica (Fruit) – 1.67mg
Embilica officinale (Fruit) – 1.67mg
Dry ginger (Rhizome) – 1.67mg
Black pepper (Fruit) – 1.67mg

Long pepper (Fruit) – 1.67mg
Embelia ribes (Fruit) – 5mg
Piper chaba (Fruit) – 5mg
Long pepper root (Fruit) – 5mg
Acorus calamus (Rhizome) – 5mg
Cyclea peltata (leaf) – 5mg
Curcuma zedoaria (Rhizome) – 5mg
Cedrus deodara (Bark) – 5mg
Cardamomum (Fruit) – 5mg
Elephant creeper (stem) – 5mg
Rock salt – 5mg
Vit salt – 5mg
Black salt – 5mg
Common salt – 5mg

Indication: filariasis (elephantiasis), Rejuvenative, Antimicrobial, Kapha dosha, Oedema

Vehicle: warm water

Dose: 2 tablets; 3 times a day

2.5.7 TRAYODASHANGA GUGGULU

Ingredient:

<i>Acacia Arabica</i> (resin) - 10mg	<i>Rasna</i> (root) - 10mg
<i>Ashwaganda</i> (Root) - 10mg	<i>Fennel</i> (Fruit) - 10mg
<i>Common Juniper</i> (Fruit) - 10mg	<i>Long zedoary</i> (Rhizome) - 10mg
<i>Guduchi</i> (stem) - 10mg	<i>Hyocymus niger</i> (Fruit) - 10mg
<i>Shatavari</i> (root) - 10mg	<i>Dry ginger</i> (Rhizome) - 10mg
<i>Gokshura</i> (root) - 10mg	<i>Guggulu</i> (resin) - 130mg
<i>Vruddhadara</i> (stem) - 10mg	

Indication: vata condition, Nourish the tissue, Relieve obstruction, Reduce oedema, Reduce pain, Gout, Rheumatic fever, Lumbago, Sciatica, Joint disorders, Vaginal disease, Fracture

Vehicle: Warm water

Dose: 1-2 tablets; 3 times/day

2.5.8 SHANKA VATI

Ingredients

Rock salt, Black salt, Vit salt, Sambharlavana, Common salt
Asafetida (Resin), Dry ginger, Long pepper, Black pepper
Black sulphide of mercury, Purified aconite, Conch shell calx
Tamarind water soluble dry ash

⇒ Each 17 mg

Indication

Used in indigestion, Anorexia, Dyspepsia, Belching, Loss of appetite, Nausea, Heaviness after meal, Vomiting, Dull abdominal pain, Flatulence, Diarrhoea, Distate.

The ingredients in this preparation are processed with the juices of lemon, Bhrinjal, ginger, nidgundi & decoctions of chitraka & Apamarga. It potentiates the formulation.

Shankha vati should not be used in hyperacidity & peptic ulcer, as it contains the ingredients of hot & sharp attributes.

Dose: 1-2 tabs 3, 4 times a day.

Anupana: with warm water

2.5.9 Rajahpravartini Vati

Ingredients

<i>Aloe Vera</i> (Exd)	1Part
<i>Ferrous sulphate</i>	1Part
<i>Ferula narthex</i> (Exd)	1Part
<i>Borex</i>	1Part
<i>Aloe Vera juice</i>	Q.S

Indication: Amenorrhea, Scanty bleeding & Useful in premature menopause

Dose : 250mg

Anupana: Warm water, Tila kasaya, Kulatha kasaya

2.5.10 HARITHAKADI VATI

Ingredients

Aralu

Heeng aratha ala

Viyalinguru

Tippili

Vadaka

Ingurupiyali

Indication: DM, PCOD

Dose: 1-2 Pills Bd

Anupana: With warm water

2.5.11 RASNADI GUGGULU

Ingredients

Aratha, Rasakinda, Devadaru, Inguru, Erandu mul, Guggulu

Indication: Neurological disorders, Ear disorders with pain and discharge, Headache, Migraine, Sinus, Fistula

Dose: 1-2 masha (1-2g)

Anupana: with hot things, Maharasnadi Kasaya for headache, Joint disorders etc. Lohasavam for Fistula.

2.5.12 RAMABANA RASASYA

Ingredients

Purified rasadiya

Purified vachanavi

Karabu choorna

Purified gandak choorna

Gammiris powder

Sadikka

Indication: Digestive problems, Rheumatoid Arthrities

Dose: 1-2 vati

2.5.13 SOMANATHA RASA

Ingredients

Bashma of Iron

Cinnomon

Berberis aristata

Vettiver

Baobarang

Pata root

Cardomom

turmeric

Jamun

Nerunji mul

Cumin

Amla

Pomegranate
Sandal wood
Symlocos racemosa
Arjuna
aristata
Goat milk Base

purified borex
Guggul
shorea robusta
Aqueous extract of Berberis

Indication: Used in the treatment of frequent urination problem, menorrhagia, metrorrhagia and Leucoderma.

Dose: 1-2 tab Bd

Avoid in children & pregnancy

2.5.14 JEEVANANDA VATI

Ingredients

Aba, Tikulu, Peruppayam, Sahibdalunu, Vadamkaha, Thivaga, Calangasal etamadha, Sudulunu, Asamodagam, Abin, Kottamalli, Tipal, Galis

Indication: Stomach pain in children, Vomiting, Visuvika, Skin condition, Convulsion, Blue partum, Aphthous ulcer

Dose: 1/2 -2 guli

Anupana:

- Geta dumba + Inguru + Mee peni
- Gotu mul + Sudulunu + Inguru > pound > Make pottani & steam, then take juice of it and give with mee peni
- Minch pothu + Sudulunu + Belimul > pound > steam and take juice of them and give with mee peni

2.5.15 SEETHARAMA

Ingredients

Sooduru
Thippili
Heen maduruthela
Kaluduru
Karabu
Nika
Asamodagam
Vasavasi
Mahaduru
Viyali inguru
Gammiris
Shatha pushpa
Ridi thutha
Manosheela
Kothamalli
Palmanikam
Vadamkaha

Vela
Saadika
Kudumirisa
Kohomba
Suwanda kottang
Velmi
Thumba
Sahinda lunu
Nerunji
Ran hiriyal
Pushkara
Katukarosana
Kelinda haal
Sadilingam
Seenakaram
Rath handun
Gal madata

Indication: Fever, diarrhoea, Vomiting, sunithaa roga, Shithala sannai

Dose: 1-4 guli

Anupana:

- Vata fever-bilvo rasnadi kwata with ginger, paper and thippili boiled water or maha pasmul panda
- Pitha fever -pepiliya kashaya with kohamba kola juice or vang apple leave juice
- Kapa fever-naagaradi panchaka kwata with dry ginger and kothamalli boiled water
- Vata pitha fever-pachanamirta kasaya with kothamalli patpadagam boiled water
- Pita kapa fever -dasamoola kwata with fresh ginger and bee honey.
- Toxic fever-aaranya thulsimulang kashaya with ginger juice or sudarshana choorna.
- Diarrhoea and Vomiting -daanyadipanchaka kwata with lime peel and fresh ginger juice.

2.5.16 Suwasa kuthara

Ingredients

Kobaleela pothu, Thripala, Tricot, Lunuvarana pothu, Ensai
Kurundu pothu, Theja pathra, Gugul

Indication: Asthma, phlegmatic condition

Dose: 1guli /4g

Anupana: Kobaleela pothu decotion

2.5.17 MURTHUNGA

Ingredients:

Purified acontium fereox

Black papper

Long papper

Herbal purified sulphur

Borex

Purified and processed cinnabar

Indication: All types of fever -with honey /Vata type of fever and body ache -with watery portion of curd / Chronic fever -ginger juice extract / Fever with indigestion - lemon juice / Intermittent fever-cumin seed and jiggery / Recent fever with severe burning sensation - sugar candy and tender coconut water

Dose: 250 mg twice a day up to 2 months.

2.5.18 Kaishor gugul

Ingredients

Purified gugul	Valangaschal	Rasakinda	Tharasthavalu
Tripala	Thentha mul	Water	Rasakinda piti
Thrikulu			

Indication: Vata (Athritics, Sciatica, Spondylosis, gout, hemiplegi, Lumbago) & kapa disorders. Piles, flatulence, dyspepsia, intestinal worm, liver disorders, cervical edentitis, filariasis & Tumours, dermatitis, gout, cough, oedema, anemia, ascitis, Diabetis, Diabetic wound.

Dose: 2-4 pills tds 6-12g

Anupana:

- kadala juice /milk/sugandiya jalya (suduhandun, sevendara, samanpichamal, decoction)
- supurative, chronic vatarakta kushta:-
Ushba, polpala, neeromull, sevendars, boiled water or Nelli, Rasakinda boiled water
- kushta- maharathandun kasaya
- Aamavata kara sandi shota- Rasakinda kwata
- Skin disease -maha rathandun kasaya
- Gulma roga- varunadi kasaya
- Prameha- pramehadi kwata & rakdashodaka kasaya
- Eye disease - vasadi kasaya, shresta nimba kwata

2.5.19 GOKSHURADI GUGGUL

Ingredients

Gokatu, Gammiris, Water, Trikala, Gugul, Thippili, Inguru, Kalanduru ala

Indication: Urinari calculi, menorrhagia, dysuria, gout, spermatic disorders, Diabetic melitus Letholytic, diuratic.

Dose: 2-4 pills tds

Anupana:

- Muthra conditions -burned cucumber in charchol & get juice & vajrakshara.
- Muthraganaya- harithaki, Gokshuradi kwata
- Vruka prameha- neermulli, polpala boiled water,
Iramusu, sevendara mul boiled water
King coconut water
- Prameha -Pramehari kwate
- Muthrashmari- Lunuwarana pothu boiled water /cucumber juice
- Unthana pranarakthaya - Rasakinda, Iramusu boiled water. Nelli rasakinda boiled water
- Gout- guduchi kwata with bebila mul beth endaru mul boiled water.

2.5.20 SURANGWIDURA VATI

Ingredients:

Puskara

Perungayam

Tripala

Asamodagam

Deduru

Suduloonu

Seenakaram

Pure palmanikam

Thrivarga
Gandagam
Gammiris
Pure hiriya
Kottang
Velmi
Siwanguru
Parana siyambala bora

Pure nellika
Viyal inguru
Tippili
sahinda lunu
Valangasal eta mada
Brandu eta mada
Katukarosana
Gansa kola

Indication: Increased phlegmatic conditions in infants. Worm disease tremor, ullogam, anemia, janni, stomach pain, vomit

Dose: 125 mg 250mg. 1-2 guli

Anupana:

- Internal worm-gotu thandu, walanga sal, garlic decoction
- Worm vomit -varaladi peyawa
- Severe worm vomit -kalati pol wathura
- Worm ullogam, worm vomit -dried ginger, garlic, Nika dalu, murunga pothu decoction /kuppa meni, paavatta decoction
- Worm dysentery with blood-gotukola, undupiyali . leave, binkaral heba leave, kumburu dalu . grind all and add lime juice then steam in pottani and take juice

2.6.0 CHOORNA

2.6.1 Thalisedi choorna 1

Ingredients 1g powder contains approx

Talispatra	කළු පත්‍ර 2kg	20mg
Black pepper	ලුණු 4kg	40mg
Dry ginger	ද්‍රව්‍ය 6kg	40mg
Pippali	තිරිඳි 8kg	80mg
Bambo manna	එකතු 10kg	100mg
Ela	එළු 10kg	10mg
Sugar	එළු 64kg	640mg
Cinnamon bark	එළු 10kg	10mg
Calx of purified tin	එළු 20kg	20mg
Calx of purified copper	එළු 20kg	20mg

Dose: ¼ - ½ Spoon SOS with honey.

Indications: Anorexia, digestive, cough, asthma, dyspnoea, fever, vomiting, diarrhea, abdominal distension, enlarged spleen, sprue, colitis, aneamia.

2.6.2 Thalisedi choorna 2

Nature of product powder

* රාජකාරි චුර්ණය .

එළු අරති - 5kg

* මැල්ට් චුර්ණය .

මැල්ට් - 5kg

* තාලසාදි චූරණය

Ingredients 1g powder contains approx

Talispatra	22mg
Black pepper	46mg
Dry ginger	69mg
Tippili	92mg
Cinnamon bark	11.5mg
Ela	11.5mg
Sugar	747mg

Dose ¼ to 1 spoon 4-8 times with honey.

Indications: Dry cough, cough after influenza & other fevers, pharyngitis.

2.6.3 Seethopaladi choorna

Ingredients 1g powder contains approx

Sugar	512mg
Pippali	128mg
Cinnamon bark	32mg
Bamboo manna	256mg
Elaichi kalan	64mg

Dose ½- 1 spoon with honey

Indications: Asthma, anorexia, cough due to aggravated pitta, fever.

2.6.4 Tripala choorna - ත්‍රිපලා චූරණය

Ingredients 1.5g powder contains approx

Haleela	අලේ	500mg / 10 kg
Baleela	බුළු	500mg / 20 kg
Amla	කෙල්ලි	500mg / 40 kg

Dose 1-3 g with warm water/ honey / ghee

Indications: Improves vision, alleviates kapha & pitta, useful in obstinate urinary disorders including DM, obstinate skin diseases, all type of intermittent fevers.

2.6.5 Dathri choorna

Aralu	10 kg	2 parts
Bulu	10 kg	2 parts
Nelli	10 kg	2 parts
Velmi	10 kg	2 parts
Sena leaves	20 kg	1 part
Sugar	60 kg	3 parts

Dose: kalang ½ - 2 kaishanda at night before bed

Indications: Mild laxative, blood purifier

* මානිසාදි චූරණය

අලේ	}	16 kg
කෙල්ලි		
ආකුණාලි		
රක්තකාලි		- 48 kg

* මානිමනි චූරණය

58	කුණු මුත්ත	01 kg
	භූමි රු	02 kg
	අක්කරිකාලි	03 kg
	කිණ්ණි	04 kg
	ක. බ. ක.	05 kg

2.6.6 Pushyanuga choorna
 01 kg
 01 kg
 01 kg
 01 kg

→ Dental use.

2.6.6 Pushyanuga choorna

Ingredients 1g powder contains approx

Patha (cissampelos pariera)
 Daruharidra
 Rose apple seed (Eugenia jambolana)
 Mango seeds
 Saxifraga ligulata
 Nidikumba
 Plums
 Blue water lilly
 Asl e soos
 Gum of silk cotton tree
 Malitha mal
 Ushba
 Arjuna
 Lodh tree
 Red ochre
 Box myrtle (myrica nagi)
 Dry ginger
 White sandalwood
 Musta (koarai)
 Bael
 Black pepper
 Kurchi (holarrhena antidysenterica)
 Kurchi seed
 Atis (aconite)

40mg * අනිසාරණ දිනිනි මුරු
 40mg එකසාල් 500g
 40mg හුරු පොත් 500g
 40mg අරළු 500g
 40mg ගුළු 500g
 40mg කෙල්ලි 500g
 40mg අසනොදොළ 500g
 40mg වැල්කොට්ටිය මුල් 500g
 40mg → Tooth Pain.
 40mg
 40mg
 40mg
 40mg
 40mg
 40mg
 40mg
 40mg
 40mg
 40mg
 40mg
 40mg
 40mg
 40mg
 40mg

Dose: ½ - 1 spoon 2-3 times with rice water.

Indications: Metrorrhagia anal bleeding diseases of vagina, menstrual disorders.

2.6.7 Bashkara lawana choorna - කාෂ්කර මුරුකය.

Ingredients 1g powder contains approx

Ilaichi kalang කිස්සිල් - 5kg 16mg
 Black pepper කිස්සිල් මුල් - 8kg 24mg
 Dry ginger සුළු පොත් - 12kg 24mg
 Pippali කොත්තමල්ලි - 5kg 48mg
 Root of pippali කොත්තමල්ලි - 5kg 48mg
 Saindalunu කළු මුරු - 5kg 48mg
 Talispatra කොල්ලං කොළ - 5kg 48mg
 Naa කළු පොත් - 5kg 48mg
 Cinnamomum tamala leaf කළු පොත් - 5kg 48mg
 Malabar tamarind (garcinia indica) කළු පොත් - 5kg 48mg
 Pomegranate ගුළු - 2.5kg 96mg
 Cumin seed කුසුම - 2.5kg 48mg
 Black caraway seed කුසුම - 2.5kg 48mg
 Black salt කුසුම - 2.5kg 120mg
 Common salt කුසුම - 2.5kg 192mg
 Cinnamon bark ච. පුළු - 2.5kg 12mg
 එන් එන් - 59 750g
 පොත් - 5kg
 කළු පොත් - 11kg
 දිය මුරු - 21kg
 එන් හුරු පොත් - 750g

Indications: Abdominal distention, Anorexia, Digestive, Tympanitis

Thirikulu	3 parts
Thirpal	3 parts
Kaluduruala	1 part
Valangasal	1 part
Heenengel	1 part
Kurundukole	1 part
Clove	50gram
Thrissavalu	200gram
Sarkara	300gram

Sudarshana choorna

Ingredients:	
ഉപ്പു ൧൧൭	Turmeric ൧൧൭
ഉള്ളി ൧൧൭	Deodar ൧൧൭
മുളക് ൧൧൭	Acorus, ൧൧൭
മുളക് ൧൧൭	Musta -Cyperusrotundus ൧൧൭
മുളക് ൧൧൭	Hareetaki ൧൧൭
മുളക് ൧൧൭	Terminaliachebula ൧൧൭
മുളക് ൧൧൭	Duralabha ൧൧൭
മുളക് ൧൧൭	Karkatashrunji ൧൧൭
മുളക് ൧൧൭	Kantakari ൧൧൭
മുളക് ൧൧൭	Ginger ൧൧൭
മുളക് ൧൧൭	Trayamana ൧൧൭
മുളക് ൧൧൭	Parpata ൧൧൭
മുളക് ൧൧൭	Neem ൧൧൭
മുളക് ൧൧൭	long pepper root, ൧൧൭
മുളക് ൧൧൭	Balaka ൧൧൭
മുളക് ൧൧൭	Shati ൧൧൭
മുളക് ൧൧൭	Pushkaramoola (root of ൧൧൭
മുളക് ൧൧൭	Inularacemosa) ൧൧൭
മുളക് ൧൧൭	Long pepper ൧൧൭
മുളക് ൧൧൭	Murva ൧൧൭
മുളക് ൧൧൭	Kutaja ൧൧൭
മുളക് ൧൧൭	Licorice ൧൧൭
മുളക് ൧൧൭	Drumstick seeds ൧൧൭

മുളക് ൧൧൭	Kutaja seeds ൧൧൭
മുളക് ൧൧൭	Asparagus ൧൧൭
മുളക് ൧൧൭	Daruharidra ൧൧൭
മുളക് ൧൧൭	(Berberisaristata) ൧൧൭
മുളക് ൧൧൭	RaktaChandana ൧൧൭
മുളക് ൧൧൭	Padmaka ൧൧൭
മുളക് ൧൧൭	Sarala ൧൧൭
മുളക് ൧൧൭	Usheera ൧൧൭
മുളക് ൧൧൭	Cinnamon Saurashtra ൧൧൭
മുളക് ൧൧൭	Shalaparni ൧൧൭
മുളക് ൧൧൭	Ajowan ൧൧൭
മുളക് ൧൧൭	Ativisha ൧൧൭
മുളക് ൧൧൭	Bael bark ൧൧൭
മുളക് ൧൧൭	black pepper ൧൧൭
മുളക് ൧൧൭	Tejapatra ൧൧൭
മുളക് ൧൧൭	Amla ൧൧൭
മുളക് ൧൧൭	Giloya ൧൧൭
മുളക് ൧൧൭	Katuki ൧൧൭
മുളക് ൧൧൭	Chitraka ൧൧൭
മുളക് ൧൧൭	Patola leaves ൧൧൭
മുളക് ൧൧൭	Prishnaparni ൧൧൭
മുളക് ൧൧൭	Kaleeyaka (Santalum album) ൧൧൭
മുളക് ൧൧൭	മുളക് ൧൧൭

All above drugs are taken in equal quantity and mixed uniformly with KirataTikta which will be equal the weight of all above herbs

Uses: Used in the treatment of fever originating from all the three doshas, chronic fever. It is one of the widely used Ayurvedic medicines for fever. It is also good for liver, spleen

Anupana: Warm water or other AyurvedicKashayam

Dose: 2.5-5gram can be taken after meal

2.6.10 Vajiraksharachoorana

Ingredients:

Seenakaaram/Nawacharath	1part
Vedilunu	4part

Uses: Used in urinary tract disorders, as a pain killer, as an antacid, as an appetizer

Anupana: Warm water

Dose: 2.5-5gram

2.6.11 kaveriyachoorana

Ingredients:

Ekaveria	1part
Aralu	1part

* മുളക് തോക്കിമുളക് മുളക്

തോക്കിമുളക് - 30൧൭

മുളക് (൧൧൭) - ൧൧൭

* തോക്കിമുളക് മുളക്

തോക്കിമുളക് - 5൧൭

Uses: Used in fever, hypertension, insomnia, mental disorder and regulate Vata& Pitta

Anupana: Warm water or Ghee

Dose: 2.5-5gram

* ගුඳුච්ඡ චර්ණය

රසනිදි - 40kg

2.6.12 Guduchiadichoorana

Ingredients:

Guduchi – Tinosporacordifolia	10gram
Dhanyaka – Coriandrum sativum	10gram
Nimba – Azadirachta indica	10gram
Raktachandana – Pterocarpus santalinus	10gram
Padmaka – Prunus cerasoides	10gram

Uses: It is used in the treatment of fever of various etiologies, associated with burning sensation, excessive salivation, thirst, vomiting and anorexia. It is useful in allergic conditions like Psoriasis, Eczema, Sneezing, allergy symptoms, cold, cough (as supportive medicine to improve immunity). Bleeding, infected hemorrhoids, Acid reflux, gastritis, hyperacidity, Irritable bowel syndrome (IBS), Herpes simplex

Anupana: Warm water

Dose: 2.5-5gram

2.6.13 Ashwagandadichoorana

Ingredients:

Amukkara	600gram
Dried Ginger	300gram
Thippili	150gram
Black pepper	75gram
Chathurjaathi	15gram
Clove	15gram
SiruThekku	15gram
Thaalipathira	15gram
InguruPiyali	15gram
Sududhuru	15gram
Curry leaves	15gram
Jatamansi	15gram
Kappukinissa eta	15 grams
Kaladuruala	15gram
Arathaala	15gram
Katugarosanam	15gram
Jeevandhi	15gram
Kottem	15gram
Suger	Total Weight of all other contents

Uses: It is used in Oligospermia, Erectile dysfunction, premature ejaculation, General debility, Diabetic Neuropathy.

Anupane: Warm water, Milk

Dose: 2.5-5grams / 2 times a day

2.6.14 Amukkara-choorana, அமுக்கராச் சூர்ணம்.

Ingredients:

Lavangam (Clove) - Syzygiumaromaticum	10 grams
Sirunaga poo (Cinnamon) - Cinnamomumwightii	20 grams
Elaarisi (Cardamom) - Elettariacardamomum	40 grams
Milagu (Black pepper) Piper nigrum	80grams
Thippili (Long pepper) - Piper longum	160 grams
Chukku (Dry ginger) - Zingiberofficinale	320 grams
Amukkara (Withania) - Withaniasomnifera	640 grams
Sharkara (Cane sugar) -	1280 grams

* அமுக்கராச் சூர்ணம்.

அமுக்கரா அடி - 20%

- Nutrive .

Uses: AmukkaraChooranam is an herbal Siddha formulation useful in various diseases such as Vataroga, KaphaRoga, splenomegaly (spleen enlargement), leucorrhoea, hiccup, anemia and tuberculosis. It is nervine tonic and restores normal health, strength, and well-being. The main ingredient of this medicine is Amukkara or Ashwagandha (Withaniasomnifera). AmukkaraChooranam has antiarthritic activity and gives symptomatic relief in rheumatoid arthritis. It is effective for burning ama (metabolic waste and toxins) which is the prime cause of all disease. It supports better digestion and stimulates the liver to secrete bile which is vital for fat digestion and absorption. It also balances Kapha.

Anupana:

With milk, Ghee or honey. It should be taken twice a day. In Kapharoga, excess mucous, take with honey and in case of Vataroga take with ghee. For promoting strength, weakness, sleep disorders etc. take with milk.

Dose: 1-2gram

2.6.15 Lavangadhi choorana

Ingredients:

10 g fine powder of
 Lavanga - Clove - Syzygiumaromaticum
 TankanaBhasma - Borax
 Musta - Nut grass (root) - Cyperusrotundus
 Dhataki - Fire flame bush (flower) - Woodfordiafruticosa
 Bilva - Bael (root) - Aeglemarmelos
 Dhanyaka - Coriander - Coriandrumsativum
 Sarja - Copal Tree (resin) - Vateriaindica
 Jatiphala - Nutmeg (fruit) - Myristicafragrans
 Shatahva - Indian Dill (fruit) 0 Anethumsowa / Peucedanumgraveolens

மஞ்சள்தூள் சூர்ணி

இலவங்கா - 2.5 kg.

கடலைத் தூள் - 2.5 kg.

கிழங்கு (Cil-e-Armani) - 2.5 kg.

நாலை

Ranawara partu - 2.5kg.

செவ்வெண் - purified the கிழங்கு.

Jiraka - Cumin seed - *Cuminumcyminum*
 Saindhava - Rock Salt
 Mocharasa - Extract of *Bombaxmalabaricum*
 Utpala - *Nymphacastellata*
 Rasanjana - Aqueous extract of *Berberisaristata*
 AbhrakaBhasma - Bhasma (calx) of Mica
 VangaBhasma - Bhasma of Tin
 Lajjalu - Touch me not plant - *Mimosa pudica*
 RaktaChandana - Red Sandalwood - *Pterocarpussantalinus*
 Chavya - *Piper retrofractum*
 Ativisha - *Aconitum heterophyllum*
 Shruni - Colocynth (dried pulp) - *Citruluscolocynthis*
 Khadira - Black catechu (heart wood extract) - *Acacia catechu*
 Balaka - *Pavoniaodorata*
 Bhringaraja - *Ecliptaalba* - juice extract - quantity sufficient.

Uses: It is used in treatment of diarrhoea, dysentery, ulcerative colitis, bloating and abdominal colic. It is used in fever and indigestion. Also Balances Vata and Pitta

Anupana: Goat Milk

Dose: 3 grams, once or twice a day before or after food

2.6.16 LODHRADHI CHOORNA - ලෙස්තුදි චුර්ණය.

Ingredients: - post of lodhra අලුත්ක පොත් - 10Kූ
 ලොන් ගුච්චි - 10Kූ

Indications: Being predominant in its astringent property, is helpful in bleeding disorders. Skin diseases and rakhtha pitta. Good for increased safravi and sawdavi conditions. In condition of diarrhea, dysentery, bleeding diathesis and menorrhagia conditions as it has potent hemostatic property. Alleviate uterine inflammatory conditions and helps controlling leucorrhoea and menorrhagia. In skin affliction it mitigates oozing and itching. Good for fevers of phlegmatic and bilious origin

Dose: 1-2 gram, twice a day.

2.6.17 IRAMUSU SUDUHANDHUN CHOORNA

Ingredients:

Iramusu
 Sudhuhandhun

Indications: Good for fibroid condition, correcting ovulations problems, Act as a cooling, mainly used for subfertility conditions

Dose:

2.6.18 VACHA CHOORNA . വാച ചൂര്ണം .

Ingredients: Vacha / sweet flag – Rhizome ഉളകിഴ - 10kg
ഉളകിട - 10 Bottle .

Indications: Stimulate the power of self-expression and intelligence. Rejuvenate the nervous system. Very good medicine for increase the memory power. The medicated ghee Vacha siddha girtha is used to improve memory, reception as well as speech in children. For epileptic condition powders of Vacha, jatamansi and brahmi works well. Long term using of Vacha power help in slow learners.

Dose: 1gm; twice a day

Externally Vacha choorna,

Dry powder massage with Vacha helps removing hair. Nasal administration of it relieves headache and heaviness of the head due to phlegm. Dry powder massage is also beneficial in obesity to reduce the subcutaneous fatty accumulation. Paste of Vacha, Lodhra and coriander seeds, matted in water is applied to the face for reduce acne lesions (pimples) and blemishing purpose.

2.6.19 ASWAGANDHADI CHOORNA

Ingredients

Aswagandha	217mg
Dry ginger	108.6mg
Long pepper	54.3mg
Black pepper	27.0mg
Cinnamon bark	5.4mg
Casia leaf	5.4mg
Elettaria cardamom	5.4mg
Mesua ferrea (cobra's saffron)	5.4mg
Clove	5.4mg
Clerodendron serrate	5.4mg
Talispatra	5.4mg
Curcuma zedoaria	5.4mg
Cumin seeds	5.4mg
Myrica nagi	5.4mg
Jatamansi	5.4mg
Piper cubeba	5.4mg
Cyperus rotundus (Nut grass)	5.4mg
Pluhea lanceolala	5.4mg
Picrorhiza kuroa	5.4mg
Dendrobium galanga	5.4mg
Sugar	500mg

* ഭൂതിശാലാ അർച്ചന .

തോന്നിമൂല് - 20kg

ഉടലി മുള - 4kg

മീം അരിയ - 4kg

കിട - 2kg.

→ ഡോൾ - Immunity enhancer

Indications: Best rajuwanatives and strengthens the body by nourishing all tissue. Works well in wasting diseases like tuberculosis and also works well to alleviate vata dosha. Good for conditions of debility, loss of appetite and abdominal pain. In tuberculosis of vata or pitta origin should be taken along with cow'sghee or goat's ghee. In diabetes condition taken with ghee.

Dose: ½ to 1 teaspoon with warm water in the morning.

2.6.20 VACHI ASWAGANDHA CHOORNA → വളഞ്ഞ 4kg

Ingredients: vach, aswagandha powder

Indications: Action of vachi choorna and aswagandha choorna വളഞ്ഞ 8kg
Dose: 2.5g morning and evening with milk and honey. വളഞ്ഞ 8 bottle.

2.6.21 NISHADI CHOORNA

Ingredients:

Pushkara

Velmi

Haldi

→ Here milk used for purify the വളഞ്ഞ.

Indications: For ammenorrhea conditions, PCOD conditions, In conditions of subfertility.

Dose : 5g twice a day.

2.6.22 Kaluduru choorna

Ingredients: Kaluduru - കരിമുള

Indications: for impairment of speech

Dose: SQ; Apply over tongue which ground with ambul isma and mixed with honey

2.6.23 SARASWATHA CHOORNA

Ingredients

Kottam

Aswagandha

Sahinda luni

Asamodagam

Cumin seeds

Black seed

Sukku

Sankapuspi

Black pepper

Diyamiththa

Thippili

* കടലാസ് ഉപയോഗം

കടലാസ് - 30kg.

Indications: Psychological condition like epilepsy, anxiety, depression, for seizures conditions, Increase memory and IQ power of the brain, Act as a brain tonic.

* පළු පාන්තය
රසානිද - 35kg.

Dose : 7.5-15gm
Anupana: honey, Lunuwila, Ghee-(Gheethel)

2.6.24 SUKUMARA CHOORNA 1

Ingredients

Cheena ala	120g
Sena leaves	120g
Suduru	60g
Velmi	60g
Sukiri	300g

* මෙහෙයුම් මූලාශ්‍රය.

පුළු	}	1kg
කළුපුළු		
රසානිද		
පුළු කොට		
විලි කොට		
විලි කොට		
කළුපුළු අංශ		1.5 kg
පුළු		3kg
කර්මාන්ත		3kg
කෙරෙණ		18 kg

2.6.25 SUKUMARA CHOORNA 2

Sena leaves	20g	35kg
Aralu	120g	35kg
Sugar	240g	

* ආලේඛ මූලාශ්‍රය
කෙරෙණ 40kg.

Uses: Piles, Skin disease, Gout, Nerve diseases

Anupana: King coconut water/Hot water/ goat milk

Dose: 5g

2.6.26 MAANIMANTHA CHOORNA (Manimantha choorana)

Ingredients

Sahinda lunu	1 Kalang	(5g)
Suduru	2 Kalang	(10g)
Asamodagam	3 Kalang	(15g)
Thippili	4 Kalang	(20g)
Inguru	5 Kalang	(25g)
Aralu		

* නිකාදි මූලාශ්‍රය.
කන 8kg
විලි 4kg
පුළු 2kg.

Uses: Indigestion, piles

Dose: 1/2-1 Kalang (2.5-5g)

Anupana:

Indigestion	Hot water
Piles	Hot water
	Manibathra choorana
Poor digestion	Suduru + Asamodagam decoction
Diarrhea	Hot water
Gastritis	Hot water
	Baskarlawana choorana

2.6.27 KATPALADI CHOORNA

Ingredients

	PART USE	
Box myrtle	Extracts	166.66g
Nut grass	Rhizome	166.66g
Hell bore	Root	166.66g
Dry ginger	Rhizome	166.66g
Chinese galls	Galls	166.66g
<i>Inula racemosa</i>	Root	166.66g

Uses: Cough, Bronchial Asthma, Fever, Distaste, Cardiac debility, dry cough, Pharyngitis, Laryngitis, Hoarseness of voice

Dose: 1-2 gram 3-4 times/ day

Anupana: Honey, Ginger juice

2.6.28 AMALAKI CHOORNA - අමලකන්දි මුර්ච්ඡා

Ingredients

Viyali nelli - වි. මුර්ච්ඡා
Ratnitol - රත්නමුර්ච්ඡා
Aralu - අරලු
Thippili - නිප්පිලි
Sahinda lunu - සහින්දා ලුනු

Uses: Promotes reproduction, Augments seminal fluid, Delays ageing process, Relieve constipation, Diabetic mellitus, Aneamia, Urinary ailments, Skin diseases

Dose: 2.5 - 5 g twice a day with water

Anupana:

Hiccup, Asthma	Pippali and honey
Dysurea	Suger cane
Spermatogenesis	Ghee

2.6.29 BINTHUL ALA CHOORNA - බිංතල් 40

Ingredient: Golden eye grass powder

Uses: Aphrodisiac, Sexual dysfunction in male, Estrogenic activity in female, in menstrual disorders, Reduce pitta (burning sensation) condition, in wound healing, in hearing loss, Hepeto protective activity- jaundice, General body tonic, Anti diabetic, Used in bronchitis, indigestion, vomiting, diarrhea, dyspnea, joint pain, and piles

2.6.30 ATHIBALA CHOORNA - අතිබලා චූර්ණය.

Ingredient

Abutilon indicum අතිබලා - 40kg.

Uses: Aphrodisiac, Body tonic, Increase quality and quantity of semen, Improve immunity Liverdisease, Reduce recurrent fever, Relieve constipation

Dose: 3 g

2.6.31 SHATAVARI CHOORNA - ශතාවරි චූර්ණය.

Ingredients ශතාවරි අල - 20kg.

Shatavari
Gokatu
Vanduru mee ata
Nagabala
Athibala
Ikiri ata

Uses: Aphrodisiac, Spermatogenesis, Healthy female reproductive system, Supports already balanced female hormones, Galactagogue, General body tonic, Soothing on digestive system, Relieve stress, Rejuvenation

Dose: 2 – 5 g

Anupana: Milk

2.6.32 SADAKUPPAI CHOORNA

Ingredient: Anethum sowa සකකුප්ප - 30kg.

Uses: Correct digestion, Immune modulator, Anti diarrhea, in menstrual disorder, In Diabetic mellitus, in insomnia

Dose: 1 – 3 gram per day

2.7.0 THAILA

2.7.1 SEETHOTHAKA THAILA

Ingredients:

Amukaha, Kohombakola, Hathawariya ala, Polkiri, Kothamalli, Kaluduru, Suduru, Aba, Asamoda, Veda, Thippili, Vaal molahu, Kurundupothu, Shathapushpa, Thriwarga

ACTIONS: Antiseptic

USES: Applied for wounds and scar

2.7.2 DIVYANGANADI THAILA

INGREDIENTS:

Kirundimulpothu eta, Endurumul, Mangulkarandamul, Hikmul, Gammirismul, Katawilamul, Jalaya, Eranduthel, Meethel, Pol thel, Kudumirisamul, Malabulathneti, Aralubulunelli, Devadara, Asanodagam, Devaduru, Gammiris, Shathapushpa, Inguru, Gajathippili, Thippili

USES: Nasya, to strengthen the brain, Abyanga

2.7.3 KUBJAPRASARANI THAILA

Ingredients

Prasaarani, Jalaya, Deeperalidiya, Thalathel, Rathnitoli, Thippilimul, Velmi, Sahindalunu, Vadakaha, Shathapushpa

USES: fracture, Bone stiffness & கைநகலும் (Loose அங்கம்.)

2.7.4 KAARPASAADI THAILAYA

INGREDIENTS:

Kapu eta, Bebila, Dashamoola, Diya neli, Undu, Kollu, Devadara, Aratha, Sahindalunu, Rathnitoli, Ooruthel, Ekakirineli

2.7.5 IRIMEDADI OIL

INGREDIENTS

Decoction prepared from

Arimeda - Acacia leucophloea /farnesiana	Ashwattha	-Ficus	religiosa
Nyagrodha - Ficus bengalensis	Plaksha	-Ficus	laco
Udumbara - Ficus racemosa			

Paste prepared with 12 grams of each of fine powders of

yashti - Licorice - Glycyrrhiza glabra	/farnesiana
Trijatha - Cinnamon, cardamom and Cinnamomum	Musta - Cyperus rotundus
Manjishta - Rubia cordifolia	Agaru - Aquilaria agallocha
Gayatri - Acacia catechu	Shveta Chandana - Santalum album
Lodhra - Symplocos racemosa	Rakta Chandana - Pterocarpus santalinus
Katphala - Myrica nagi	Karpoora - Camphor - Cinnamomum camphora
Kshirivrikshatwak	Jati - Myristica fragrans
Irimeda Twak - Acacia leucophloea	Takkola - Illicium verum

Mamsi - *Nardostachys jatamansi*
Dhataki - *Woodfordia fruticosa*
Gairika - Red ochre
Mrinala - *Cymbopogon jwarancusa*
Mishi - *Anethum sowa*
Valdehi - *Piper longum*
Padmakesara - *Nelumbo nucifera*
Kumkuma - *Crocus sativus*
Laksha - *Laccifer lacca*
samanga, Manjishta - *Rubia cordifolia*
Brihati - *Solanum indicum*
Bilvapatra - *Aegle marmelos*
Suradruma - *Cedrus deodara*
Shaileya - *Asphaltum*

Sarala - *Pinus roxburghii*
Sprikka - *Filiphtinum zallil*
Palasha - *Butea monosperma*
Rajani - *Turmeric - Curcuma longa*
Daruharidra - *Berberis aristata*
Priyangu - *Callicarpa macrophylla*
Tejani - *Clematis triloba*
Pradhakaleya - *Coscinum fenestratum*
Pushkara - *Inula racemosa*
Jaya - *butylon theophrasti*
Vyaghri - *Solanum xanthocarpum*
Madana - *Randia dumetorum*
Tila Taila - Sesame oil - *Sesamum indicum*

INDICATIONS: It is used for gargling to strengthening teeth. It helps to relieve tooth decay, removes the stains from teeth. It relieves bad breath problems (Halitosis). Useful in pericoronitis, Gum abscess in children and adults. Used in Burning mouth syndrome, Dental Sensitivity, Bleeding and / or Spongy Gums, Pyorrhea, Toothache

DOSAGE: 5 - 10 ml of oil is taken into mouth and gargled for 5 - 10 minutes. Then spit out. Gargle with warm water for two minutes and spit. A little is heated and used for gargling and applied on the teeth. Good for application on the head too.

2.7.6 GUDICHYADI OIL

INGREDIENTS

Guduchi (*Tinosporacordifolia*) - 4.8 kg
 Water for decoction - 12.288 liters, boiled and reduced to 3.072 liters, filtered.
 Cow milk - 3.072 liters

Sesame oil - (*Sesamumindicum*) - 12.288 liters

INDICATIONS: It is used in the treatment of gout, it helps to strengthen body tissues, It relieves itching and excess sweating of scalp, headache, It is also used in infertility treatment, wherein 2 - 3 drops of the oil is instilled into each nostrils of the woman, Effect on Tridosha - Balances Vata and Pitta.

DOSAGE: It is used as nasal drops in a dose of 2 - 3 drops into each nostrils, It is also used for massage and other Ayurvedic therapies.

2.7.7 VISARPAHARA OIL

INGREDIENTS

<i>Manosila</i>	<i>Masakkai</i>
<i>Nellikagandagam</i>	<i>Sivanguru</i>
<i>Kaluduru</i>	<i>Karol arisi</i>
<i>Asamodagam</i>	<i>Sathakuppa</i>
<i>Clove seeds</i>	<i>Cheenaala</i>
<i>Nutmeg</i>	<i>Palmanikkam</i>
<i>Heengaratha</i>	<i>Walangasal</i>
<i>Sadduru</i>	<i>Thippili</i>
<i>Thippilimul</i>	<i>Katukarosanam</i>
<i>Gandaham</i>	<i>Uluhal</i>
<i>Vasavasi</i>	<i>Coconut oil</i>

INDICATIONS: Clinically in the management of eczema, scabies, itches and other types of skin diseases mainly caused by bacteria and fungi.

External use only

2.7.8 NEELYADI OIL

INGREDIENTS

<i>Madathiyaleaves, pothu</i>	<i>Coconut milk</i>
<i>Ankeda leaves, pothu</i>	<i>Coconut oil</i>
<i>Welkepatiya leaves and pothu</i>	<i>Garlic</i>
<i>Nilawariya leaves and pothu</i>	<i>Deduru</i>
<i>Diyahabarala</i>	

INDICATIONS: It's a cooling oil used in insomnia, Burning skin conditions, heaty headache, for bed sores it's externally applied, Relieves symptoms of dry scalp, dry hair and dandruff, Neelyadioil is revitalizing oil for hair and scalp. Profound therapeutic effect on hair growth and minimize graying of hair and hair loss. It also brings back the shine and sparkle and bright hair

2.7.9 SARVAWISHADI OIL

INGREDIENTS

<i>Murungaleaves, pothu, mul</i>	<i>Amu inguru</i>
<i>Ankendapothu</i>	<i>Kapu kola</i>
<i>Gas kepatiyapothu</i>	<i>Walkeppatiya kola</i>
<i>Mee leaves and pothu</i>	<i>Madatiya kola</i>
<i>Sapupothu</i>	<i>Kohomba</i>
<i>Naapothu</i>	<i>Kurudupotu</i>
<i>Divulpothu</i>	<i>Eradukola</i>
<i>Hampilapothu, leaves</i>	<i>Magulkaranda</i>
<i>Adathoda leaves, pothu</i>	<i>Yakwanasa</i>
<i>Nika leaves, pothu</i>	<i>Polkiri</i>
<i>Yakberiya</i>	<i>Thalathel</i>
<i>Hathawariala</i>	<i>Eranduthel</i>
<i>Erabadupothu</i>	<i>Meethel</i>
<i>Siyambalapothu</i>	<i>Kohombathel</i>
<i>Amukkaraleaves, ala</i>	<i>Elahithel</i>
<i>Girithilla</i>	

INDICATIONS: its used as nasya, oral and external applications, Used in tonsillitis, nasal polyps, and disease in the throat and epilepsy, Used to cure pustules, lymph node enlargements, mums and peritoneal abscess, It's used to cure rat poison, snake poison and all other poisons, When pregnant using this oil will prevent from post-partum anxiety

DOSAGE: Orally 1 to 2 teaspoon can be taken

2.7.10 ASHWAGANDHA OIL

INGREDIENTS

Ashwagandha	(Withaniasomnifera)	4.8kg
Water for decoction	12.288 liters, boiled and reduced to	3.072 liters
Oil of Sesamumindicum	-	768ml
Cow milk	-	768ml
Paste made of fine powder of	192g each of	
<i>Nelumbiumspeciosum</i>	<i>Terminallabellirica</i>	
<i>Jasminumsambac</i>	<i>Amalaki -Embllicaofficinalis</i>	
<i>Pavoniaodorata</i>	<i>Musta</i>	<i>-Cyperusrotundus</i>
<i>Cardamom</i> - <i>Elettariacardamomum</i>	<i>Padmaka</i>	<i>-Prunuspuddum</i>
<i>Terminaliachebula</i>	<i>Sandalwood</i> - <i>Santalum album</i>	
<i>Madhuka</i> - <i>Licorice</i>	<i>Glycyrrhizaglabra</i>	
<i>Sarsaparilla</i> (root)	<i>Hemidesmusindicus</i>	
<i>Meda</i>	<i>Polygonatumcirrhifolium</i>	
<i>Punarnava</i> - <i>Spreading Hogweed (spreading hogweed)</i>	<i>Boerhaaviadiffusa</i>	
<i>Draksha</i> - <i>Dry grapes (Raisins)</i>	<i>Vitisvinifera</i>	
<i>Manjishta</i> - <i>Indian Madder (root)</i>	<i>Rubiacordifolia</i>	
<i>Indian Nightshade (root)</i>	<i>Solanumindicum</i>	
<i>Yellow berried night shade (whole plant)</i>	<i>Solanumxanthocarpum</i>	

All the ingredients are mixed and boiled till total moisture is lost from the oil, filtered

INDICATIONS: It is used in the treatment of gout, arthritis, non-healing wounds, bleeding disorders, menorrhagia, sperm defects and male and female infertility, It strength the muscles, used in weakness of body, In pediatric it used in muscular weakness, It Effect on Tridosha - Balances Vata and Pitta.

DOSAGE: It is used for an Ayurveda Panchakarma therapy called as Basti (rectal enema) It is also used for oral administration in a dose of 1 - 5 ml, before food with water. It is used for external application, massage.

SIDE EFFECTS:

There are no known side effects with this oil on external application. However, oral intake and Basti treatment should only be undertaken with expert advice and guidance. Over-dosage of oral intake may result in diarrhea.

2.7.11 MADUYASHIDEE OIL

INGREDIENTS

Madhuyasti (Glycyrrhiza Glabra) - 4.8 kg

Water for decoction - 19.2 litres

Following ingredients up to 3.072 KG:-

Til Taila (Sesamum Indicum)

Ksira (Vidari pomoea Mauritiana)

Following ingredients up to 24 grams:-

Desmodium Gangeticum

Phyllanthus Niruri

Cynodon Dactylon

Pueraria tuberosa

Asparagus Racemosus

Santalum Album

Aquilaria Agallocha

Adiantum Lunulatum

Nardostachys Jatamansi

Polygonatum Cirrhifolium

Polygonatum cirrhifolium

Tinospora Cordifolia

Lilium Polyphyllum

Anethum Sowa

Dioscoria Bulbifera

Prunus Cerasoides

Microstylis Muscifera

Microstylis Wallichii

Leptadenia Reticulata

Cinnamomum Zeylanicum

Cinnamomum Tamala

Capparis Sepiaria

Coleus Vettiveroides

Rubia Cordifolia

Rubiocordifolia

Sarsaparilla

Cucumis Trigonus

Coriandrum Sativum

Method of Preparation: Take all the ingredients in proper quantity and prepared the taila by using tailapakvidhi (method).

INDICATIONS: Fever, Rheumatism, Bilious fever, Joint pain, Arthritis

DOSAGE: Dose 6 ml used in nasya, abyanga and anuvasana

2.7.12 Pachchennai (பச்சைநெய்)

Thurusu 1/3 rathal

Azaraki leave juice 6 bottle

Coconut oil 4 bottle.

Indication: Diabetic wound and chronic wound (Swelling)

2.7.13 Bakuchi oil

Bakuchi seeds

Caster oil

Indication: LEUCODERMA, PSORIASIS, HYPOPIGMENTATION OR LOSS OF SKIN COLOUR

2.7.14 MARHAM -E -WARM

Olive oil

Mako juice

Post e darhaldi

Aloe

Wax

Skin condition, inflammatory condition.

2.7.15 ROHAN-E-HAMMAM (thripala oil)

Soorasadhi ganaya, Castor oil, Aralu, Bulu, Nelli, Adividayam, Muruwamul, Thrasthawalu, Ratnitol, Post e neem, Aehela pothu, Aththana pothu, Venivelgeta, Rasakinda, Mahagin kekiri ala, Thippili, Kottam, Rai, Zinger

2.7.16 ROHAN E SHIFA

Ingredients

Hulba

Kulanjan

Majeeth

Rohan-e-kunjath

Indication: Rheumatism, gout, sciatica, and paralysis (other pain and sprain condition also)

2.7.14 PINDA OIL

Ingrediens

Iramusu mul, Hal (sudu) dummala, Veldemata, Velmi, Mee iti, Cow milk, Caster oil

2.7.15 AMAWATHA OIL

Ingredients

Rasna pland
Rasakinda
Root of castor beam
Devadar
Zinger

Indication: Arthritis, pain killer and use in swelling condition.

2.7.16 BRUNGATAMALA OIL

Ingredients

Amla juice, Ponnangani juice, Aloe juice, King Coconut water, Siru keera juice, Cow milk,
Oil

Mix in oil container and add

Velmi, Venkottam, Sittrelam, Ajwain kurasani, Pachchiki, Poolangkilangu, Kasthoori manjal, Sadamanjil, Sadhi paththiri, Sadhikkai, Lawanga paththiri, Sukku, Milagu, Thippili, Kadukkai, Nellikkai, Dhandikkai, Poonjathu, Zeeragam

Indications Burning sensation of the body, heaty conditions, night blindness
Giddiness, pitta vayu condition.

2.7.17 Sarasapadi oil

Ingredients

Turpentine
Mastard oil
Camphor

Indication: Asthma, pneumonia, joint condition and swelling and rheumatic condition.

2.7.18 ROGAN E KASH

INGREDIENTS

Vara leaves, Endaru leaves, Athana leaves, Seindoor, Mom, Lak, Rogan e kunjath
→ 15kg → 15kg → 15kg → Red lead - 6.5kg → Bee wax - 12kg → Thale thel - 90 bottle.

INDICATIONS: Used in gout, rheumatism, sciatica, and skin disease like eczema, acne, also used in wounds and ulcer and varicose vein.
→ Keppatya Lakkada - 3kg

2.7.19 ROGAN E HAFTH E BARG

~~Vara kola~~
Aab-e-Barg-e-Aak (Calotropis gigantean Linn.)

12kg
Leaves 500 gm.

Aab-e-Barg-e-Bakayin (Melia azedarach Linn.)

Leaves 500 gm.

Aab-e-Barg-e-edanjeer (Ricinus communis Linn.)

Leaves 500 gm.

Murunga kola
Vara kola
Aththana kola
Endaru kola
Nila...

77

12kg + Thale thel → 105 bottle.

Aththarakola Endoru kola Nika kola Kohemba kola Murunga kola Muwa keeriya	9kg + Thala thal 78 bottle + Bakuchi 16.5kg
Aab-e-Barg-e-Dhatura (<i>Datura metel</i> Linn.)	Leaves 500 gm.
Aab-e-Barg-e-Sambhalu (<i>Vitex negundo</i> Linn.)	Leaves 500 gm.
Aab-e-Barg-e-Sahjana (<i>Moringa oleifera</i> Lam)	Leaves 500 gm.
Aab-e-Barg-e-Thuhar (<i>Euphorbia tirucalli</i> Linn)	Leaves 500 gm.
Raughan-e-Kunjad (<i>Sesamum indicum</i> Linn)	Seeds oil 3.0 Liter

INDICATIONS: Roughan-e-Haft Barg is frequently recommend as Anti-paralytic drug generally used in the treatment of Faliij (Paralysis or Hemiplegia) and Laqwa (Facial Paralysis) in Unani System of medicines since ancient time, the drug is reported to have Muqawwi-e-Asab, (Nervine tonic), Musakkin-e-Alam, (Analgesic) and Action and therapeutically used in Facial Paralysis, & It's apply and massage to get relive from all kind joint pain and muscles pains. And used with mixing other oils will give more efficiency.

CHAPTER 3

SIDDHA DRUGS USED IN HOSPITALS

3.1 NEERKOVI TABLET (நீர்க்கோவை மாத்திரை)

Ingredients

• SuppuManjal	1part
• KasthooriManjal	1part
• Porikaaram	0.5part
• Saampirani	0.5part
• Milahu	0.5part
• Sukku	0.5part
• Sadikka	0.5part
• Omam	0.25part
• Lavangam	0.25part
• Katpooram	0.25part
• Desi Puli	qs

Method of Preparation

Above drugs are powdered and mixed with lemon juice

Then grind it for 6 hours and make paste

Then 500 mg size tablets are make and dried in shadow

Method of use: Tablets are mixed with breast milk or lemon juice then apply pathu on forehead.

Indications: Headache, Heaviness on head, cheek pain, Sinusitis

External use only

Reference - Page 61, 62, SIDDHA PHARMACOPOEIA, Dr.P.Iramanadhan M.D.S

3.2 MUDAKKU CHOORNAM

Ingredients

• Natcheeraham	20g
• Amukkatakilangu	20g
• Nilappanaikilangu	20g
• Koraikilangu	20g
• Neeradimuthupparuppu	20g
• Sitraraththai	20g
• Sukku	20g
• Koththamalli	05g
• Athimaduram	05g
• Mayakkai	05g
• Venkostam	05g
• Kaarpohaarisi	05g
• Karuncheeraham	05g
• Thandikkai	05g
• Nellikkai	05g
• Sadikkai	05g
• Tippili	05g
• Karambu	05g
• Thippilimoolam	05g
• Omam	05g
• Parngikilangu	205g

Method of preparation: Dried on sunlight and make powder

Dose: 500-1000 mg bd, with Honey

Indication: Paralysis, Negaviyadi, Vatha condition, skin condition

Reference-Page 40, SIDDHA PHARMACOPOEIA, Dr.P.Iramanadhan M.D.S

3.3 MALLI CHOORNAM

Ingredients

• Natcheeraham	360g
• Karuncheeraham	360g
• Karambu	360g
• Athimaduram	360g
• Karuvappattai	360g
• Koththamalli	600g

Method of Preparation: Koththamalli mixed with vinegar and dried. Then powder the koththamalli and other ingredients without sugar. Powder the sugar separately. Then mixed all powders and sugar.

Dose: 1-2 teaspoon bd, with Honey or hotwater

Indications: General body tonic, to strengthen the chest and Hip, Insomnia, headache, Flatulence

Reference - Page 37, SIDDHA PHARMACOPOEIA, Dr.P.Iramanadhan M.D.S

3.4 ASAI CHOORNAM

Ingredients

• Seeraham	1kg
• Desi Palam	300g

Method of preparation: Remove impurities from the seeraham. Then soak with Lemon juice and dry under the shade. Then powder the seeraham and mix sugar. (Seeraham: sugar) (4:1)

Dose: 1-2 g with hot water

Indications: Pitha conditions, Dizziness, vomiting, hot conditions, Hypertension

Reference - Page 20, SIDDHA PHARMACOPOEIA, Dr.P.Iramanadhan M.D.S

3.5 MELAHU THAILAM (PINATHAILAM)

Ingredient

Water	3200 ml
Nallennnai	800g
Manjisti	50g
Nannari	50g
Man	50g
Kungulium	50g

Method of preparation: Pound the Nannari and Manjisti. Then pounded things are mixed with water. This mixture mixed with nallenai and boiled till become proper form. Then remove from flame and add momandKungulium. Finally sieved and get NelahuThailam.

External use only.

Indication: Vatha pain, pain, Sprain, Swellings, Skin conditions, Lumps.

Reference-Page 127, SIDDHA PHARMACOPOEIA, Dr.P.Iramanadhan M.D.S

3.6 SIVADAI CHOORNAM

Ingredients

	1 Part
• Lavangam	1 Part
• Thiripalai	1 Part
• Trikaduhu	1 Part
• Elam	1 Part
• Siru Nahappoo	1 Part
• Korai kilangu	1 Part
• Sivadai	

Method of preparation: Sivadi boiled in milk. Then powdered. The all the ingredients separately and mixed together.

Dose: 2-15g with Sarkari/hot water/Panangatti

Indication: Constipation, Flatulence

Reference-Page 26, SIDDHA PHARMACOPOEIA, Dr.P.Iramanadhan M.D.S

3.7 MADUMEHA CHOORNAM

Ingredients

• Kadukkaithoal	50g
• Nelli vatral	50g
• Curry leaves	50g
• Sirukurinjan leaves	25g

Method of preparation

Dried all the ingredients and powder. Then sieved by cotton cloth.

Dose: 1-4g M&E

Indication: Madumeha patients, Diabetes mellitus, Body strengthening.

Reference -Page 38, SIDDHA PHARMACOPOEIA, Dr.P.Iramanadhan M.D.S

3.8 MAYILIRAHADI CHOORNAM

Ingredients

• Thippili	8 Part
• Seeraham	10 Part
• Mayilirahu burnt ash	4 Part

Method of preparation: Powder the thippili and seeraham then add mayiliragu burnt ash and grind all.

Dose: 500mg- 1g with Honey

Indication: Hiccup

Reference -Page 38, 39, SIDDHA PHARMACOPOEIA, Dr.P.Iramanadhan M.D.S

3.9 SEETHOPALADHI CHOORNAM

Ingredients

• Moongil Uppu	45g
• Koohai neeru	45g
• Siru thippili	45g
• Elam Vidai	22.5g
• Sarkarai	45g
• Kalkandu	22.5g
• Mathulam poo	22.5g

Method of preparation: Powder the ingredients and mixed all. Then pounded all ingredients.

Dose: 500-1000mg bd

Indication: Meha suram, Asthi suram

Reference- Page 26, 27, SIDDHA PHARMACOPOEIA, Dr.P.Iramanadhan M.D.S

3.10 MAHA ELATHI MAATHIRAI

Ingredients

• Elam	10g
• Vaalmilahu	10g
• Sandanam	10g
• Vettiver	10g
• Ilamichamver	10g
• Ahilver kattai	10g
• Thamarai Maharandam	10g
• Aggarakaram	10g
• Tamarai valayam	10g
• Karuvappattai	10g
• Kasthoori	10g
• Maan Kombu	10g
• Koroshanai	10g
• Jatamansi	10g
• Ututhiratchai	10g
• Amukkara	10g
• Patchai Katpooram	10g
• Adimaduram	10g
• Kunkumam	10g
• Amber	10g
• Saampirani	05g
• Ampiraha Paspam	05g
• Velli Paspam	05g
• Muthu Paspam	05g

• Pavala Paspam	05g
• Madulam Sari	qs
• Ilanceer	qs
• Thaaippaal	qs

Method of preparation: Above all drugs are cleaned. Then ponderable drugs and powdered and other drugs are powdered. Initially all are mixed with pomegranate juice and pounded for 24 hour. Second mixed with king coconut water and pounded for 24 hour. Then third mixed with breast milk & pounded for 24 hour. Finally make 65mg tablet and dried in shade.

Dose: 1 tablet morning and evening for 45 days, with King Coconut/Milk/Sugar/Honey/Fruit juice

Indication: Eye diseases, Jaundice, Stones, High fever, Diabetes, Burning, Vomiting.

Reference-Page 62, 63, SIDDHA PHARMACOPOEIA, Dr.P.Iramanadhan M.D.S

3.11 KATPOORATHY THAILAM

Ingredients

• Vellai Poodu	2kg
• Katpooram	750g
• Manjal Podi	400g
• Amanakku Ennai	1.5l
• Thengai Ennai	22.5l

Method of preparation: Remove the outer covering of garlic and wash with water. Then cut into small pieces. Poured coconut oil into a vessel and boiled until garlic become gold color. Then take the garlic separately. After that add turmeric powder in to the boiled oil and also add castor oil. After proper consistency remove from fire and cooled. Then add crude camphor powder and mixed.

External use only

Indication: Vatha pain, Musle cramp, pain, sprain.

Reference -Page 108, SIDDHA PHARMACOPOEIA, Dr.P.Iramanadhan M.D.S

3.12 PACHAI ENNAI

Ingredients

• Oomathai Ilai Saru	350ml
• Mulmurukku Ilai Saru	350ml
• Thengai Ennai	140ml
• Thurusu (Purified copper sulphate)	35g

41-2- Armani → King coconut water
 3/4 times dry 1/2 teaspoon with
 Honey for rectal bleeding.

Method of preparation: Put the Thurusu in earthen vessel and added Mulmurukku leave juice, Oomathai leave juice and coconut oil and mixed well. Then boiled until the mixture become as granules. Then allow it to cool & filtered by a cotton sieving cloth.

Dose: Required amount

Indication: Chronic or deep wounds and ulcers

* 1088888888 plant good for
 rectal bleeding.

CHAPTER 4

4.0 Hospital Diet Scheme

Five diet schemes, according to diet pattern

1. Full diet
2. Half diet
3. Diabetic diet
4. Half Diabetic diet
5. Liquid diet

The full diet is prescribed for all the patients except for some preferrels; such as diabetic patients and obese patients.

The full diet includes;

- Breakfast : Red rice , dhal , dry fish
- Lunch : Red rice, dhal
 fish/egg/dry fish
- Dinner : Red rice,dhal
 Fish/egg/dry fish

Next the half diet is specially prescribed for obese patient. It is same the full diet except the dinner.

The half diet includes;

- Breakfast: Red rice, dhal , dry fish
- Lunch : Red rice, dhal
 Fish/egg/dry fish
- Dinner : Boiled vegetables (cabbage, carrot,beans)

The diabetic diet is specially prescribed for diabetic patients.

It includes ;

- Breakfast : Red rice , dhal , dry fish
- Lunch : Red rice,fish piece,vegetable(2),papow piece (100g)
- Dinner : Red rice, fish piece,dhal

The half diabetic diet is prescribe for obese diabetic patients which includes;

- Breakfast : Red rice , dhal, dry fish
- Lunch : Red rice,fish,vegetable,papow piece (100g)
- Dinner : Boiled vegetables soup , fish piece

The liquid diet is prescribed for those who are debilitated and having abdominal discomfort.It includes Thembum hodhi.Moreover there are some special diet schemes on some incidence.If the patient has problem with swallowing they are prescribe with well boiled red rice,dhal , fish/egg/dry fish and kiri hodhi for breakfast , lunch and dinner.

If the patient has inserted NG Tube :

- Breakfast : bath kendha and lunu kendha
- Lunch : bath kendha and lunu kendha
- Dinner : soup

If the patient is under going enema procedure they are prescribe as following alternatively for two days.

1st day :-

- Breakfast : Red rice , dhal, vegetable (3)
- Lunch : Red rice , dhal, vegetable (3)
- Dinner : Fasting

2nd day :-

- Breakfast : Lunu kendha / 4 cream crackers
- Lunch : Red rice , dhal, vegetable (3)
- Dinner : Red rice , dhal, vegetable (3)

The skin disease patients are fully restricted from animal proteins. They are provided with vegetable full diet.

4.1 Special diet scheme of paediatric ward

It includes,

- Breakfast : Red rice, sudu hoddi made out of kiri hodhi dhal and dry fish, lunu kenda
- Lunch : Red rice , egg/fish/dry fish,dhal,vegetable,papow piece
- Snacks : Soup made out of carrot/beans/cabbage
- Dinner : Red rice,suddu hoddi made out of kiri hodhi dhal and dry fish,lunu kenda

Ultimately the breakfast is being distributed in between 6.30am - 7.00am

Lunch between 12.00pm-12.30pm

Snack in the evening 5.00pm-6.00pm

Dinner 7.00pm

4.2 Dietotherapy according to diseases

The Unani physicians are advised to take diets according to diseases which are helpful to reduce the clinical features of the diseases and also assisted the pharmacotherapy in curing of diseases.

Headache	<i>Masoor dal</i> (Red lentil) along with vinegar, green leafy vegetables, fresh fruits.
Meningitis	Barley water.
Cerebrovascular accident	Fresh fruits having cold temperament, <i>ma-ul-asl</i>
Paralysis	Bengal gram, olive oil, <i>ma-ul-asl</i>
Febrile convulsion	Barley water, chicken soup
Epilepsy	Fried mutton, Onion, garlic, <i>Brassica nigra</i> , <i>Vicia faba</i> , Cabbage
Melancholia	Mutton of young sheep, Chicken, Bread of fine wheat, Fresh milk, Live fish, Sweat made with Sugar and <i>Roghan-e-Badam</i> . <i>Ma-ul-Jubn</i> Avoid taking dry mutton, <i>Masoor dal</i> , Cabbage, Salty and acrid taste food
Common cold	Barley water, <i>Murabba-e-banafsha</i>
Conjunctivitis	Fruit juices
Cough	Barley water, Made vegetable of <i>Vicia faba</i> or spinach made along with almond oil
Pleurisy	Barley water
Cholera	Pomegranate juice alone or mixed with wheat bread
Gastritis	Pomegranate juice, <i>Sikanjabeen</i> , <i>Cydonia oblonga</i> mixed with wheat bread, Fruits having cold temperament
Jaundice	Vegetable made with pumpkin, Spinach, <i>Malva sylvestris</i> , Cucumber, <i>Prunus domestica</i> , <i>Solanum nigrum</i> , <i>Cichorium intybus</i> , Pomegranate juice

Urolithiasis	Bengal gram, milk, cheese
Worm infestation	Wheat bread with Kanji
Fever	Vegetables having cold & moist temperament, Mutton of young goat, Chicken and live fish, Diet made with Vinegar, Olive oil and sugar, Vinegar and almond oil
Anorexia	Fried chick with pomegranate juice and mint, Live fish, Vinegar, and Onion with vinegar, Fried chick with Ruta graveolens, Anethum graveolens, Garlic and onion
Hepatic pain	Watermelon with sugar, Pumpkin and grape juice, Cucumber juice along with Solanum nigrum, Cichorium intybus juices, Portulaca oleracea, Sikanjabeen and amaltas (cassia fistula). Vegetables such as spinach, Chenopodium album, leaves of beet root, Portulaca oleracea leaves with almond oil
Hematuria	Faluda with almond oil, Rice soup
Gout	Prunus domestica, Sugarcane juice
Oligozoospermia & spermatorrhoea	Onion, Carrot, Gram, Mint, Fenugreek, Almond, Walnut, Pistachio nut, Grape, Ficus carica, Banana, Dates, Milk, Egg, Mutton, Chicken, Sweet made with chest nut ³⁰ , Coconut
Urticaria	Pomegranate juice, Curd and vinegar
Eczema	Barley water, Cucumber juice, Pumpkin juice, Mucilage of isabgol
Diabetes	Pomegranate juice, Mucilage of isabgol, Prunus domestica juice, Barley water, Spinach, Pumpkin
Psoriasis	Black gram, Pumpkin, Spinach, Fresh milk, Ma-ul-jubn, Fresh milk along with black gram, Pumpkin and almond. Cold dry, Hard and melancholic producing diets like red meat, Salty fish and cheese should be avoided
Obesity	Onion, Garlic, Mint, Carum carvi, Piper longum, Green leafy vegetables

Tuberculosis

Goat's milk, Barley water, Fried fish, Leaves of Portulaca oleracea, Tribulus terrestris, Lagenaria siceraria and cucumber, Ma-ul-lahem (mutton soup), Water melon, Pomegranate, Grapes, Prunus domestica, Apple, Turmeric, Turnip, Ma-ul-asl

Palpitation

Chicken soup made with mixture of hot spices and unripe grapes, Sikanjabeen-e-shakri, murabba-e-amlā, Arq-e-kewda, Arq-e-gaozaban, Murabba-e-anannas, Murabba-e-tamar hindi

CHAPTER 5

5.0 INVESTIGATIONS

1. Full Blood Count

Ix; FBC

Indication; Anaemia, polycythemia, CKD, Pericarditis, Assess any hemolysis in Prosthetic Valve, Post Myocardial Infarction

Preparations for investigation; none

2. Fasting Blood Sugar

Ix; FBS

Indications; Diabetes Mellitus, CKD, Steroid treatment

Preparations for investigation; Refrain from eating and drinking anything other than water for 8 hours before the test

3. Serum Cholesterol

Ix; Serum Cholesterol

Indications; Nephrotic Syndrome, Coronary Artery Diseases, Heart Failure

Preparations for investigation; Refrain from eating and drinking anything other than water for 12 hours before the test

4. Erythrocyte Sedimentation Rate

Ix; ESR

Indications; Nephritis, Tumor, End Stage Renal Diseases, Effect of Dialysis inflammation of joints, Bacterial Endocarditis

Preparations for investigation; none

5. CReactive Protein

Ix; CRP

Indications; Nephritis, Tumor, CKD, Effect of Dialysis, Any infection, Acute Rheumatic Fever

Preparations for investigation; none

6. Rheumatoid factor

Ix; RF

Indication; Rheumatoid arthritis

Preparation of investigation; none

7. Anti nuclear antibodies test

Ix; ANA

Indication; diagnosis for SLE

Preparation of investigation; none

8. anti-Cyclic citrullinated peptide

Ix; anti-CCP

Indication; identify the rheumatoid arthritis

Preparation of investigation; none

9. Serum Uric acid

Ix; Serum Uric Acid

Indications; Renal Stone, CKD, Gout, after chemo therapy and radiation therapy

Preparations for investigation; none

10. Blood nitrogen test

Ix; BUN

Indications; Evaluation of renal function, Effectiveness of dialysis, Congestive Heart Failure

Preparations for investigation; none

11. Serum Creatinine

Ix; Serum Creatinine

Indications; CKD, Nephritis, Diabetes Mellitus, Hypertension, Prostate Enlargement, Renal Stone, Dehydration

Preparations for investigation; none.

12. HLA B27 antigen test

Ix; HLA B27

Indication; ankylosing spondylitis, reactive arthritis.

Preparation of investigation; none

13. Serum Electrolyte

Ix; Serum Electrolyte

Ix; Serum chloride

Indication; Dehydration, Renal Failure, Effect of Dialysis, Congestive Heart Failure, Arrhythmias

Ix; Serum potassium

Indications; Renal Failure, Diabetic Ketoacidosis, Dehydration

Ix; Serum sodium

Indications; Dehydration, Chronic Alcohol Use, Renal Failure, SIADH

Ix; Serum phosphate

Indications; CKD, Acute alcohol abuse

Preparations for investigations; none

14. Serum Calcium Level

Ix; Serum Ionized Calcium

Indications; Renal Failure, Prostate Carcinoma, osteoporosis, joint pain

Preparations for investigation; none

15. Serum Erythropoietin

Ix; serum Erythropoietin

Indications; Anaemia, Polycythemia, CKD,

Preparations for investigation; none

16. Serum Creatinine Phosphokinase

Ix; Serum CPK

Indications; Post Myocardial Infarction, Congestive Heart Failure, Coronary Artery Diseases, Rapid Supraventricular Arrhythmias

Preparations for investigation; Avoid vigorous exercise and IM injections

17. Serum Glutamic Oxaloacetic Transaminase

Ix; SGOT or AST

Indications; Heart Failure, Coronary Artery Diseases

Preparations for investigation; none

18. serum alkaline phosphatase

Ix; serum alkaline phosphatase

Indication; Paget's disease, osteoporosis

Preparations for investigation; none

19. Vitamin D level

Ix; Vitamin D level

Indication; osteoporosis

Preparations for investigation; none

20. Troponin Blood Test

Ix; Troponin i

Indications; Myocardial Infarction

Preparations for investigation; none

21. Anti Streptolysin-O- Titre

Ix; ASOT

Indications; Acute Rheumatic Fever, Pericarditis, Acute Renal Failure

Preparations for investigation; none

22. Lactate Dehydrogenase

Ix; LDH

Indications; Coronary Artery Diseases, Heart Failure

Preparations for investigation; Inform the doctor about all the drug currently in use, especially opioids

23. Prostate Specific Antigen

Ix; PSA

Indications; Prostate Carcinoma, Assess the effectiveness of treatment of carcinoma

Preparations for investigation; none

24. Estimated Glomerular Filter Rate

Ix; eGFR

Indications; CKD, Nephritis, Nephrotic Syndrome, Diabetes Mellitus, Hypertension

Preparations for investigation; fasting overnight or refrain from eating cooked meat

25. Urine Full Report

Ix; UFR

Indications; CKD, UTI, Urinary Tract Calculi, Nephrotic Syndrome, Nephritis, Congestive Heart Failure, Infective Endocarditis, Constrictive Pericarditis

Preparations for investigation; Take sample randomly or first void morning specimens

Midstream urine should collected

26. Urine culture

Ix; Urine Culture

Indications; UTI

Preparations for investigation; take sample randomly or first void morning specimens

Midstream urine should collected

Sample should have collected in sterile plastic container provided by laboratory

Urine sample should handover to the laboratory soon after the collection or within 2 hours

27. Xray

Ix; Xray KUB

Indications; Urinary Tract Stone

Ix; CXR PA

Indications; goiter, Lymph nodes enlargement, Aortic aneurysm and Oesophagel dilation, collapsed lungs, phrenic nerve palsy, hepatomegaly and sub phrenic abscess, primary lung Ca, metastasis or adenoma, pneumonia, hydatid cyst, TB, Sarcoidosis, pulmonary fibrosis, Cardiomegaly, Pulmonary Oedema, Ventricular Hypertrophy

Ix; x-ray (specific /affected area) PA/AP lateral

Indications; fracture, injuries, osteoarthritis, rheumatoid arthritis

Preparations for investigation; Remove Jewelry

Notify the pregnancy or suspect pregnancy

28. Ultra Sound Scan

Ix; USS abd
Indications; Abdominal Masses, abscess, organs ascites, biliary dilatation, gall stone

Ix; USS KUB
Indications; Renal Injuries, CKD, Urinary Tract Calculi, Complications of UTI, Hydronephrosis, Cyst or Tumor, Prostate Gland Enlargement, Congenital Anomalies

Ix; USS Chest
Indications; plural effusion

Preparations for investigation; Refrain from food and drink for 4-6 hours
Drink ½-1 liter water
Hold the urine and do not empty the bladder

29. Computed Tomography

Ix; CT Abdomen
Indications; Pancreatic diseases, liver tumour, tumour staging, vascular lesions

Ix; CT KUB
Indications; Stone, Neoplasm, Dilated Ureter, Tumor, Abscess

Ix; CT (specific /affected area)
Indications; imaging muscles, ligaments and fracture that not visible on X ray.

Preparations for investigation; Empty the stomach overnight
Refrain from food and drink 4-8 hours before contrast IV, if breakfast taken
Notify any allergies to contrast medium

30. Magnetic Resonance Imaging

Ix; MRI KUB
Indications; Carcinoma, Risk For Contrast Nephropathy, Chronic UTI,
Preparations for investigation; Empty the stomach 6 hours before the test
Check for serum creatinine

Ix; MRI (specific /affected area)
Indications; imaging muscles, ligaments and severe soft tissue problem
Preparations for investigation; Empty the stomach 6 hours before the tests

IX; MRI pelvis
Ix; MRI right leg
Indications; Peripheral Artery Diseases, Aneurysms
Preparations for investigation; none. Notify the doctor about any implants or clips and make sure they are safe for MRI

31. Electro Cardio Gram

Ix: ECG

Indications; Coronary Artery Diseases, Valvular Heart Diseases, Arrhythmias, Heart Block, Congenital Heart Diseases

Preparations for investigation; none

32. Cardiac Stress Test

Indications; Arrhythmias, Cardiac Murmurs, Coronary Artery Diseases, Effective of Prosthetic valves and Medications

Exercise Electro cardio Gram

Ix; Exercise ECG

Stress Echo Cardiography

Ix; Stress Echo

Preparations for investigation; Refrain from caffeine like coffee, chocolate, tea and soda

Refrain from food or drink except water for 4 hours

Consult your doctor about regular medicine like Aspirin, Beta Blockers, and Calcium Channel blockers. With advice not to take those for 24 hours

Bring all the regular medicines used by patient to the investigations

33. Echo Cardiography

Ix; Echo

Indications; Valvular Heart Diseases, Cardiac arrhythmias, Hypertrophy of Heart, Congenital Heart Diseases

Preparations for investigation; none

If transoesophageal investigation to be done, refrain from food and drink for 4 hours

Arrange for ride home because of sedative use

34. Doppler Echo cardiography

Ix; Echo Doppler

Indications; Coronary Artery Diseases or any blood flow problems

Preparations for investigation; none

If transoesophageal investigation to be done, refrain from food and drink for 4 hours

Arrange for ride home because of sedative use

35. Doppler

Ix Pelvic Doppler

Ix; Doppler right leg

Indications; Deep Vein Thrombosis, Superficial Thrombophlebitis, Arteriosclerosis, Thromboangitis Obliterance, Vascular tumors or Aneurysms or any peripheral artery diseases

Preparations for investigation; if investigating the abdomen refrain from any food and drink for 6 - 12 hours.

Can drink small amount of water to take the regular medicine

For pelvic investigation take 32 ounce of water 1 hour before exam and not to void to have a full bladder

Stop smoking for several hours if smoking.

5.1 COMMON INVESTIGATIONS IN GYNACOLOGY

1. Blood values
2. Urine examination
3. Urethral, vaginal, cervical discharge
4. Exfoliative cytology
5. Colposcopy
6. Imaging techniques
7. Endometrial sampling
8. Biopsy
9. Culdocentesis
10. Endoscopy
11. Hormonal analysis

5.1.1 Blood values

- FBC – for detect Hb level, total & different cell count (for PID)
- ESR
- PLT count, BT, CT – detect menorrhagia
- Serology – VDRL, HIV

5.1.2 Urine examination

- U. culture – UTI, fistula, cystocele
- ABST - UTI, fistula, cystocele
- Urine pregnancy

5.1.3 Urethral, vaginal, cervical discharge

Patient not to have vaginal douch for 24 hours.

Cusco's speculum introduce, collect discharge from posterior fornix

5.1.4 Exfoliative cytology

- Pap-s test – detect CA, viral infection, cyto hormonal study

5.1.5 Colposcopy

5.1.6 Imaging techniques

- X-ray
- Ultrasonography
- Transvaginal sonography (TVS)- detect blood flow to from or with in uterus
- CT
- MRI
- PIT (differ normal tissue & CA tissue)

5.1.7 Endometrial sampling

5.1.8 Biopsy

5.1.9 Culdocentesis

Trans vaginal aspiration or peritoneal fluid from the POD – detect pelvic abscess, ectopic pregnancy, ovarian cyst.

5.1.10 Endoscopy

Culdoscopy – Visualize pelvic structures via an incision

5.1.11 Hormonal analyse

FSH, LH, PRL, ACTH, TSH, Progesterone, oestrodol, testosterone, aldosterone, cortisol, hcg, androstenedione

Diagnose menopause, PCOD, prolactinemia

5.1.12 Infertility

Female		Male
Tubal patency	Ovulation	Semen analyse
hysterosalpingography	BBT	
Laproscopy	Hormonal analyse (progesterone & oestrogen)	Post coital test (sim's test)
Sonosalpingography		Sperm penetration test
hystrofalloscopy		Semen cervical mucus contact test
Ampullary & fimbrial salpingography		Urine
		Vasogram
		Testicular biopsy
		Hormonal analyse- FSH, LH, Testes, PRL
		Chromosomal study
		Immunological study- ELTIA, RIA
		Ultrasound scanning

5.1.13 Preoperative investigation in Gynaecology

CBC, FBS, PPBS, Blood grouping, Urine analyzing, BT, CT, Rh factor, RFT, Serology- VDRL, Serum creatinine, LFT, ECG, IVP

Tumor Markers,

CA 125- Adenoovary

CEA, α fetoprotein, β HCG

Bacterial examinations in genital tract

Smear & microscopy, culture, PCP

5.2.0 INVESTIGATIONS OF RESPIRATORY SYSTEM

5.2.1 IMAGING

■ PLAIN CXR

A PA film provides information on the lung fields, heart, mediastinum, vascular structures and the thoracic cage, additional information can be obtained from a lateral film.

Structures of CXRs

1. Trachea, that should be central
2. Mediastinum, can be widened in many diseases like (retrosternal goiter, Lymph nodes enlargement, Aortic aneurysm and Oesophagus dilation)
3. The diaphragm, RT side is usually slightly higher than the Lt Side.
Causes of raised hemi diaphragm; collapsed lungs, phrenic nerve palsy, hepatomegaly and sub phrenic abscess)
4. Hila, Lt Hilum is higher than the right hilum, and hila can be pulled up and down by fibrosis or collapse.
5. Bone and soft tissues.
6. Lung fields, shadows can be divided into;
-Nodular shadows; could be due
Neoplasia (primary lung Ca, metastasis or adenoma)
Infection (pneumonia, hydatid cyst)
Granuloma (TB, Sarcoidosis)
-Reticular shadow; usually due to acute interstitial changes (cardiac or non cardiac) e.g. pulmonary fibrosis.
-Alveolar shadow; usually due to pulmonary oedema, but could be due to ARDS, drugs, smoke inhalation.

■ CT SCAN

It is superior to CXR in determining the position and size of a pulmonary lesion and whether calcification or cavitations is present.

It is now routinely used in the assessment of patients with suspected lung cancer and facilitate guided percutaneous needle biopsy.

HRCT (high resolution), that use thin section to provide a detailed assessment of pulmonary parenchymal diseases. (Interstitial lung disease bronchiectasis)

■ ULTRA SOUND OF CHEST CAVITY

Is sensitive to detect pleural effusion, may also be used to improve the diagnostic field of pleural biopsy.

■ VENTILATION-PERFUSION SCAN

The main value of this technique is to detect pulmonary thrombi or embolism, a filling defect in the perfusion scan accompanied by preserved ventilation is highly suggestive of recent PE.

- **POSITRON EMISSION TOMOGRAPHY PET SCAN**
In new technology to investigate pulmonary nodules, staging of mediastinal lymph nodes and distal metastasis.
- **CT-PULMONARY ANGIOGRAPHY**
Is widely available and gold standard to diagnose PE?

5.2.2 ENDOSCOPIC EXAMINATIONS

1. Laryngoscopy; larynx may be inspected directly with a mirror or indirectly with a laryngoscope.
2. Bronchoscopy; The trachea large bronchi and lung segments can all be inspected by either flexible or rigid bronchoscope.

Diagnostic indication of flexible bronchoscopy

- Suspected cases of lung Ca
- Slowly resolving pneumonia
- Pneumonia in the immuno compromised patients
- Interstitial lung disease and
- Collecting lavage for culture in suspected cases of TB, with ve septum.

3. Mediastinoscopy

Through a small incision at the supra sternal notch under GA, to get an access to the mediastinum.

5.2.3 OTHER INVESTIGATIONS

- Plural aspiration and biopsy
- Sputum examination, for microbiological (culture, Gram stain) and cytological examinations
- Pulseoximetry

Allow a non invasive assessment of peripheral O₂ saturation, it provides a useful tool for monitoring those who are acutely ill or at risk of deterioration.

- Peak expiratory flow rate(PEF)
Is measured by a maximum forced expiration through a peak flow meter, it should be monitored regularly in asthmatic patients monitor response to therapy and disease control.
- Arterial blood gas analysis
It is heparinized blood taken from the arterial, brachial and femoral arteries to check PH, PaO₂, PaCO₂ and HCO₃

Type 1 respiratory failure- PaO₂<8Kpa, PaCO₂ either normal or reduced (hypoxia only), PH is normal

Type 2 respiratory failure- $\text{PaCO}_2 < 5 \text{ Kpa}$, $\text{PaCO}_2 > 6 \text{ Kpa}$
(Hypoxia and hypercapnia), PH could be normal, high or low

-Pulmonary functions tests

Are used to aid diagnosis, assess functional impairments and monitor treatment of diseases

Abbreviations used in RFT .

FEV1 forced expiratory volume 1 second

FVC forced vital capacity

VC Vital capacity

TLC total lung volume

FRV functional residual volume

RV residual volume

TLco Gas transfer for carbon monoxide

Kco Gas transfer per unit lung volume

- FEV1 is disproportionately reduced in obstructive disease(asthma , COPD, obstruction) and the ratio of FEV1/VC will be $< 70\%$.When there is an airflow obstruction the test should be repeated following administration the test should be repeated following administration of inhaled or nebulized B2 agonist (salbutamol) to see reversibility to normal or $>15\%$ that would give the diagnosis of asthma.
- Flow volume loop , measures flow at various lung volumes , characteristic patterns are seen in intra thorathic airway obstruction like (asthma, emphysema)and extra thorathic airway obstruction(tracheal stenosis)
- Lung volume can be measured by dilution of inhaled gases (usually helium) or by determining the pressure /volume relationship of the thorax by body plethysmography.

Lung volume increases in obstructive diseases and decreases in restrictive diseases.

The gas transfer across the alveoli can be calculated by measuring carbon monoxide uptake from a single inspiration in a standard time(usually 10 seconds) it is low in emphysema and lung fibrosis (obstructive and restrictive) , but very high in pulmonary haemorrhage

CHAPTER 6

6.0 Referral letters

6.1 SAMPLE REFERRAL LETTER

LETTER HEAD

Date.....

To.....

Dear Dr.....

Referring Mr. / smt.....age.....Yrs.

..... with complaints of

On examination, he/ she has

The investigations done show.....

My clinical impression is.....

I have given following treatment:-

1.....

2.....

3.....

He/she is referred to you for your expert opinion and examines the patient and advises/ does the needful. Please inform progress of the patient

Thank you

Yours sincerely

Signature

Dr.

p.s.:

* He / she is allergic to

* He / she is suffering from diabetic / H.T/ IHD / AsthmaFor which
he / she is taking

6.2 CERTIFICATE FOR INDOORPATIENTS

LETTER HEAD

Date.....

This is to certificate Miss/ Mrs. / Mr.
..... age yrs., is/was suffering from
.....
He/ she was ~~excluded~~ in O.P.D. on
He / she was admitted on
And is / was discharged on
He / she has ~~undergone~~ (Operation if any)
He / she is / was ~~wanted~~ to rest fordays
He / she is ~~fit~~ to resume his / her duties from
...../ and is advised light duty for
.....

Signature

Dr.

(Rubber stamp)

6.3 CERTIFICATE OF ADMISSION & DISCHARGE

LETTER HEAD

Date.....

This is to certificate Mr. / Mrs.
..... Was admitted to this Hospital on
..... for
He / she was ~~admitted~~ on For
He / she was discharged on
.....

Signature

Dr.

(Rubber stamp)

6.4 CERTIFICATE OF REST

LETTER HEAD

Date.....

This is to certify that Mr. / Mrs. / Smt / Ku

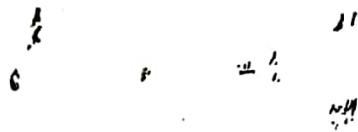
..... Age Yrs.....

Was suffering from.....

He / she was advised rest from to

He / she is fit to resume his / her duties / school

.....



Signature

Dr.

(Rubbery stamp)

6.5 CERTIFICATE OF FITNESS OF DUTY

LETTER HEAD

Date.....

This is to certify that Mr. / Mrs. / Smt / Ku

..... Age Yrs.....

Was suffering from

He / she was advised rest from to

He / she is fit to resume his / her duties from

.....

Signature

Dr.

(Rubbery stamp)

References

- Hamdard pharmacopoeia
- Morakkabat (Unani Formulations)
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- Ayurveda therapy edited by prof. drP.h . Kulkarni sri satguru publications a division of Indian books center delhi india 1996 ; 2001 page 128
- Ayurveda therapy edited by prof. drP.h . Kulkarni sri satguru publications a division of Indian books center delhi india 1996 ; 2001 page 137
- Ayurveda Oushada sangrahaya, part 1
- Some of medicines mentioned above like vachi aswagandha choorna, iramusu suduhandhun choorna, kaluduru choorna are taken from hospital drug list. Those are own preparations and working well in some condition.
- Ayurveda pharmacopoeia, volume 1, part 1, page 168.
- Ayurveda aushada sangrahaya, page 131 & 132.
- Ayurveda aushada sangrahaya, page 127.
- Ayurveda aushada sangrahaya, page 130.
- Ayurveda aushada sangrahaya, page 118.
- Ayurveda aushada sangrahaya, page 120.
- SIDDHA PHARMACPOEIA, Dr.P.Iramanadhan M.D.S

